



HAVERING A.C. CHAMPIONSHIPS AND OPEN

on Sunday, 20th September 2026

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX
(UKA Level 1 Licence OUT 26/686 Under UKA Rules)

DRAFT TIMETABLE

TRACK (with photo finish / electrical timing)

11.30 a.m.	T1: Sprint Hurdles	U14 Girls 75m Hurdles; U14 Boys & U16 Girls 80m Hurdles; U16 Boys, U18, U20 & Senior Women - 100m Hurdles; U18, U20 & Senior Men 110m Hurdles
12.20 p.m.	T2: 1500m	U14 Girls & U14 Boys; U16 Girls & U16 Boys
12.30 p.m.	T3: 1500m	U18, U20 & Senior Men & Women
12.45 p.m.	T4: 300m	U16 Girls & U16 Boys
1.00 p.m.	T5: 400m	U18, U20 & Senior Men & Women
1.20 p.m.	T6: 75m	U12 Girls & U12 Boys
1.35 p.m.	T7: 100m	U14 Girls & U14 Boys; U16 Girls & U16 Boys
2.15 p.m.	T8: 100m	U18, U20 & Senior Men & Women
2.50 p.m.	T9: 800m	U14 Girls & U14 Boys; U16 Girls & U16 Boys
3.20 p.m.	T10: 800m	U18, U20 & Senior Men & Women
3.40 p.m.	T11: 600m	U12 Girls & U12 Boys
3.50 p.m.	T12: 200m	U14 Girls & U14 Boys; U16 Girls & U16 Boys
4.20 p.m.	T13: 200m	U18, U20 & Senior Men & Women

FIELD

11.15 a.m.	F1: Hammer	All age groups – Under 14s and above
11.30 a.m.	F2: Long Jump	Pool 1 – Under 12s
12.15 p.m.	F3: Shot Put	All age groups – Under 14s and above FULL – NO MORE ENTRIES
12.45 p.m.	F4: Long Jump	Pool 2 – Under 14s & Under 16s
12.45 p.m.	F5: Discus	All age groups – Under 14s and above FULL – NO MORE ENTRIES
1.00 p.m.	F6: Pole Vault	All age groups – Under 14s and above
2.00 p.m.	F7: Long Jump	Pool 3 – Under 18s and above
2.00 p.m.	F8: High Jump	All age groups – Under 14s and above
2.15 p.m.	F9: Javelin	Pool 1 – Under 14s and Under 16s
3.30 p.m.	F10: Triple Jump	Under 16s and above
3.45 p.m.	F11: Javelin	Pool 2 – Under 18s and above

PRE-ENTRY ONLY – NO ON-THE-DAY ENTRY



OPEN ENTRY (including Havering AC): - £10.00 first event - £5.00 additional events – closes 10:00pm Monday 14th September 2026 or when entry limits are reached:

Enter online at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=6134>

NOTES:

All entrants shall be deemed to have made themselves familiar with, and agreed to be bound by, the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the date of entering the event, whether or not the entrant is a citizen of, or resident in, the UK.

Event entries will be closed early if maximum entry limits in each event are reached.

Track races will generally be seeded within specific age groups but where necessary races may be combined ages and genders. For track events (apart from hurdles, 800m & 1500m) – female races will be held first from youngest upwards, then male. Under 14s and Under 16s may only compete in one event at 800m or above.

Throws and horizontal jumps – FOUR trials each. **NO REFUNDS**