



# HAVERING A.C. DAVE NAYLOR MEMORIAL OPEN

on Sunday 6<sup>th</sup> April 2025

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX

(UKA Level 1 Licence OUT 25/044. Under UKA Rules)

## DRAFT TIMETABLE

### TRACK (with photo finish / electrical timing)

11.30 a.m.	300m hurdles	T1: U17, Junior & Senior Men & Women
11.45 a.m.	200m	T2: U13 & U15 Girls & Boys
12.30 p.m.	200m	T3: U17, U20 & Senior Men & Women
1.00 p.m.	1500m	T4: U13 & U15 Girls & Boys
1.08 p.m.	1500m	T5: U17, U20 & Senior Men & Women
1.20 p.m.	Sprint Hurdles	T6: U13 Girls (70m), U15 Girls/U13 Boys (75m), U17 Women/U15 Boys (80m)
2.05 p.m.	Sprint Hurdles	T7: U20/Senior Women/U17 Men (100m) & U20/Senior Men (110m)
2.30 p.m.	300m	T8: U15 Girls & Boys; U17 Women
2.45 p.m.	400m	T9: U17 Men; U20 & Senior Men & Women
3.00 p.m.	100m	T10: U13 & U15 Girls & Boys
3.45 p.m.	100m	T11: U17, U20 & Senior Men & Women
4.10 p.m.	800m	T12: U13 & U15 Girls & Boys
4.30 p.m.	800m	T13: U17, U20 & Senior Men & Women

### FIELD

11.00 a.m.	F1: Hammer	Under 15s and above
11.00 a.m.	F2: Long Jump	Pool 1 – Under 13s and Under 15s
11.45 a.m.	F3: Shot Put	All age groups
12.30 p.m.	F4: Discus	All age groups
12.30 p.m.	F5: Pole Vault	All age groups
1.00 p.m.	F6: Long Jump	Pool 2 – Under 17s and above
2.00 p.m.	F7: High Jump	All age groups
2.00 p.m.	F8: Javelin	Pool 1 – Under 13s and Under 15s
3.00 p.m.	F9: Triple Jump	U15s and above
3.30 p.m.	F10: Javelin	Pool 2 – Under 17s and above

### PRE-ENTRY ONLY - NO ON-THE-DAY ENTRIES

HAVERING AC MEMBERS PRIORITY ENTRY - CLOSES Tuesday 11<sup>th</sup> March 2025

£7.50 first event - £5.00 additional events.

OPEN ENTRY (including Havering AC): - £10.00 first event - £5.00 additional events.  
Wednesday 12<sup>th</sup> March - closes Mon 31<sup>st</sup> March 2025 (or when entry limits reached)

Enter online at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=5702>



### PLEASE NOTE:

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 permitted numbers 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 13s and Under 15s may only compete in either 800m or 1500m, but not both. Throws and horizontal jumps – FOUR trials.