



HAVERING A.C. CHAMPIONSHIPS AND OPEN

on Sunday, 14th September 2025

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX
(UKA Level 1 Licence OUT 25/697 Under UKA Rules)

DRAFT TIMETABLE

TRACK (with photo finish / electrical timing)

12.00 p.m.	T1: 300m	U15 Girls, U15 Boys & U17 Women
12.15 p.m.	T2: 1500m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
12.30 p.m.	T3: 1500m	U17, U20 & Senior Men & Women
12.45 p.m.	T4: Sprint Hurdles	U13 Girls 70m Hurdles, U13 Boys 75m Hurdles, U15 Girls 75m Hurdles, U15 Boys & U17 Women 80m Hurdles U20/Senior Women & U17 Men 100m Hurdles; U20 & Senior Men 110m Hurdles
1.35 p.m.	T5: 400m	U17, U20 & Senior Men & Women
1.50 p.m.	T6: 100m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
2.30 p.m.	T7: 100m	U17 & U20 & Senior Men & Women
3.00 p.m.	T8: 800m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
3.20 p.m.	T9: 800m	U17, U20 & Senior Men & Women
3.40 p.m.	T10: 200m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
4.15 p.m.	T11: 200m	U17, U20 & Senior Men & Women

FIELD

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

PRE-ENTRY ONLY – NO ON-THE-DAY ENTRY



HAVERING AC PRIORITY ENTRY (FREE) closes 10:00pm Monday 1st September 2025

OPEN ENTRY (including Havering AC): - £10.00 first event - £5.00 additional events - from Tuesday 2nd September 2024 – closes 10:00pm Monday 8th September 2025 or when entry limits are reached:

Enter online at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=5854>

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 meeting date 14th September 2025, 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 one event at 800m or above. Under 13s may not compete in 300m or 400m. Genders and age groups may be combined, where appropriate, based on entries.

Throws and horizontal jumps – **FOUR** trials each.

NO REFUNDS WILL BE MADE UNLESS ANY EVENT IS CANCELLED BY HAVERING AC