



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)

FINAL TIMETABLE

TRACK (with photo finish / electrical timing)

11.30 a.m.	T1: Sprint Hurdles	U14 Girls 75m Hurdles – one race U16 Girls 80m Hurdles – one race U14 Boys 80m Hurdles – one race U16 Boys & Senior Women 100m Hurdles – one race
12.15 p.m.	T2: 1500m	U14 Girls & U14 Boys; U16 Girls & U16 Boys – two races
12.30 p.m.	T3: 1500m	U18, U20 & Senior Men & Women
12.40 p.m.	T4: 300m	U16 Girls & U16 Boys – two races
1.00 p.m.	T5: 400m	U18, U20 & Senior Men & Women – two races
1.15 p.m.	T6: 75m	U12 Girls & U12 Boys – four races
1.35 p.m.	T7: 100m	U14 Girls & U14 Boys; U16 Girls & U16 Boys – eleven races
2.30 p.m.	T8: 100m	U18, U20 & Senior Men & Women – three races
2.50 p.m.	T9: 800m	U14 Girls & U14 Boys; U16 Girls & U16 Boys – three races
3.15 p.m.	T10: 800m	U18, U20 & Senior Men & Women – one race
3.30 p.m.	T11: 600m	U12 Girls & U12 Boys – two races
3.45 p.m.	T12: 200m	U14 Girls & U14 Boys; U16 Girls & U16 Boys – ten races
4.25 p.m.	T13: 200m	U18, U20 & Senior Men & Women – three races

Live Track Results will be posted online – a QR code link will be available

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
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
1.00 p.m.	F6: Pole Vault	All age groups – Under 14s and above
2.00 p.m.	F7: High Jump	All age groups – Under 14s and above
2.15 p.m.	F8: Long Jump	Pool 3 – Under 18s and above & some younger
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

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.

Medals will be awarded to the first three fastest times/best performances by Havering AC members (not Open entrants) in each Under 12, Under 14, Under 16 & Under 18 age group. Medals will be presented as soon as possible after the completion of that event.

For track events (apart from hurdles, 800m & 1500m) – female races will be held first, then male. Genders and age groups have been combined, where appropriate, based on entries. Throws and horizontal jumps – **FOUR** trials each. Under 14s & Under 16s may only compete in one event at 800m or above. U14s may not compete in 300m or 400m.

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