

SUMMER OPEN MEETING SERIES

MEETING 1: Sunday 22 April 2018

RUN – JUMP – THROW

10.00AM to 12.00PM School Years R to 6

RUN =75m and/or 600m – **JUMP** = Long Jump – **THROW** = Shot

ENTRY £5.00

Medway Park – Gillingham, Kent ME7 1HF

Electronic Timing & EDM

13.00 300/400m Hurdles*	14:40 100m Rd 2
13.30 100m Rd 1	15.10 1500m
14.00 800m	15.25 Sprint Hurdles*
14:20 300/400m	15.40 200m

11:00 Pole Vault*	12:15 Long Jump	13.30 Hammer Throw	14.45 Shot Putt
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*Hurdles and Pole Vault by pre-entry only (no entries on the day).

15:30 Seated Shot, Seated Javelin and Seated Discus**

Disabled athletes and chair racers welcome. **Seated throws by pre-entry only

Pre register: www.mandmac.org

Pay on the day

Advance entry £5.00 Per Event

On the day £6.00

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