

SUMMER OPEN MEETING SERIES

MEETING 2: Sunday 15 July 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 100m Rd 1	14:40 800m
13.30 1 mile	15.00 3000m
13.50 300/400m	15.20 200m
14:10 100m Rd 2	

11:15 High Jump	12:15 Long Jump	13.45 Discus Throw	15.00 Javelin Throw
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15:30 Seated Shot, Seated Javelin and Seated Discus**

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

Electronic timing provided by Justiming

Pre register: www.mandmac.org

Pay on the day

Advance entry £5.00 Per Event

On the day £6.00

www.mandmac.org