

10.00AM to 12.00PM School Years R to 6
RUN =75m and/or 600m – **JUMP** = Long Jump – **THROW** = Shot
ENTRY £5.00

All RJT competitors will receive a certificate.

Sun 2 Sept Medway Park – Gillingham, Kent ME7 1HF
Electronic Timing & EDM

11.30 Sprint Hurdles**	14.00 400m
13.00 100m Rd 1	14.10 100m Rd 2
13.30 800m	14:45 C Newman 1500m Handicap (M&M Club members only, by contact to Club Sec).
13.50 300m	15.10 200m

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

Disabled athletes and chair racers welcome.

****Pre-entry only, no entries on the day**

Electronic timing supplied by Justiming
PRE ENTRY www.mandmac.org
Pay on the day

Advance entry £5.00 Per Event
On the day £6.00

www.mandmac.org

