

SUMMER OPEN MEETING SERIES

MEETING 3: Saturday 27 July 2019

Medway Park – Gillingham, Kent ME7 1HF

RUN – JUMP – THROW

10.00AM to 12.00PM School Years R to 6

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

ENTRY £6.00 (all competitors will receive a certificate) **Must register by 9.30am**

Electronic Timing & EDM

12.20 3k Walk	14.25 100m Round 2**	11.00 High Jump
13.00 100m Round 1**	15.10 1 mile	12.15 Long Jump
13.45 800m	15.30 200m	13.45 Shot
14.05 300m		15.00 Discus
14.10 400m		15.45 Seated Throws*

*Seated Throws by pre-entry only (no entries on the day).

** 100m – 2 races for the price of one

Event times may be subject to change due to number of entries.

Disabled athletes and chair racers welcome.

Electronic Timing and Leader Board supplied by Justiming.

PRE ENTRY www.entry4sports.com

Pre-entry £6 per event

Late pre-entry £8 Per Event (Thurs 25th & Fri 26th) Entries close 9pm 26 July

On the day £10 per event

www.mandmac.org

