

SUMMER OPEN MEETING SERIES

MEETING 4: Sunday 1 September 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)

Electronic Timing & EDM

11.30 Sprint Hurdles*	14.25 100m Round 2**	11.00 High Jump
13.00 100m Round 1**	15.10 C Newman 1500m Handicap (for M&M members only by entry to club sec)	12.15 Long Jump
13.45 800m	15.25 200m	13.45 Javelin
14.05 300m	15:40 5000m	15.00 Hammer
14.10 400m		15.45 Seated Throws*

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

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

** Classed as 1 event

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 (Thursday & Friday)

On the day £10 per event

www.mandmac.org

