

# Medway & Maidstone

# Athletic Club

Bellway



## SUMMER OPEN MEETINGS

Saturday 7<sup>th</sup> August 2021

### Medway Park – Gillingham, Kent, ME7 1HF

Run, Jump, Throw for school years R-6.

Shot – Long Jump – 75m – 600m

9.30am-11.30am (report at 9am to collect numbers)

10.30am	3k Walk	1 Races	16 Athletes Max
12.00pm	1500m	4 Races	56 Athletes Max
12.40pm	300m	4 Races	32 Athletes Max
1.00pm	100m	10 Races	90 Athletes Max
1.50pm	400m	4 Races	32 Athletes Max
2.10pm	800m	3 Races	24 Athletes Max
2.25pm	BMC 800m	5 Races	40 Athletes Max
3.10pm	200m	10 Races	80 Athletes Max
4.00pm	3,000m	1 Race	16 Athletes Max

10.30am	High Jump	Opening 1.05m
10.30am	Hammer	U13 & Above
12.00pm	Long Jump	U17 & Above
12.00pm	Shot	U13 & Above
12.45pm	Long Jump	U13 & U15
1.30pm	Javelin	U13 & Above

**Electronic Timing & EDM**

£8 per event

enter via online at [entry4sports.co.uk](http://entry4sports.co.uk)

Entries will close at 8pm on the 4<sup>th</sup> August 2021

