

Medway & Maidstone

Athletic Club

Bellway



SUMMER OPEN MEETINGS

Sunday 10th July 2022

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
2.30pm	BMC 800m	3 Races	Enter via BMC Website
3.10pm	200m	10 Races	80 Athletes Max
4.00pm	3,000m	1 Race	16 Athletes Max

11.00am	High Jump	Opening 1.05m	12 Athletes Max
12.30am	Hammer	U13 & Above	16 Athletes Max
1.45pm	Shot	U13 & Above	16 Athletes Max
1.30pm	Javelin	U13 & Above	16 Athletes Max

Electronic Timing & EDM

£8 per event

enter via online at entry4sports.co.uk

Entries will close at 8pm on Thursday 7th July 2022

