

# Medway & Maidstone

# Athletic Club

Bellway



## SUMMER OPEN MEETINGS

Sunday 23<sup>rd</sup> April 2023

Medway Park – Gillingham, Kent, ME7 1HF

Run, Jump, Throw for school years R-Y5. (max 60 athletes)

Turbo Javelin – Long Jump – 75m – 600m

9.30am-11.30am (report at 8.45am to collect numbers)

10.30	110/100/80/75/70 Hurdles	1 Race of each	8 Athletes per race
11.30	300m Hurdles 400m Hurdles	1 Race 2 Races	8 Athletes 16 Athletes
12.00	1500m	2 Races	Max 30 Athletes
12.30	100m Rd1	10 Races	Max 90 Athletes
13.30	300m	3 Races	Max 24 Athletes
13.45	400m	3 Races	Max 24 Athletes
14.05	100m Rd2	10 Races	Max 90 Athletes
14.55	800m	4 Races	Max 32 Athletes
15.15	BMC 800m	6 Races	<i>Enter at BMC Web Site</i>
15.45	200m	10 Races	Max 80 Athletes
16.35	3,000m	1 Race	Max 16 Athletes

11.00	U13/U15/U17 Long Jump	Max 14 Athletes
11.00	U20/SNR Long Jump	Max 14 Athletes
12.00	U13/U15/U17 Javelin	Max 14 Athletes
13.00	U20/SNR Javelin	Max 14 Athletes
14.00	U13/U15/U17 Shot Put	Max 14 Athletes
15.00	U20/SNR Shot Put	Max 14 Athletes
16.00	Discus All Ages	Max 14 Athletes



Electronic Timing & EDM

£9 per event - enter via online at [entry4sports.co.uk](http://entry4sports.co.uk)

Entries will close at 9pm Thursday 20<sup>th</sup> April 2022