

Medway & Maidstone

Athletic Club

Bellway



SUMMER OPEN MEETINGS

Sunday 2nd July 2023

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	2 Races	32 Athletes Max
12.30pm	300m	4 Races	32 Athletes Max
12.50 & 2.40pm	100m	10 Races	90 Athletes Max (2 races)
1.40pm	400m	4 Races	32 Athletes Max
2.00pm	800m	6 Races	48 Athletes Max
3.30pm	200m	10 Races	80 Athletes Max
4.20pm	3,000m	1 Race	16 Athletes Max

11.00am	High Jump	Opening 1.05m
11.30am	Long Jump	U13 & U15
12.30pm	Javelin	U13 & Above
1.30pm	Shot	U13 & Above
2.30pm	Hammer	U13 & Above

Electronic Timing & EDM

£9 per event

enter via online at entry4sports.co.uk

Entries will close at 8pm on the 29th June 2023

