

# Medway & Maidstone

# Athletic Club

Bellway



## SUMMER OPEN MEETINGS

### Saturday 2nd September 2023

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

Run, Jump, Throw for school years R-5  
Turbo Javelin – Long Jump – 75m – 600m  
9.30am-11.30am (report at 9am to collect numbers)

12.30&14.00pm	100m		Approx 10 races
1.20pm	400m		Approx 4 races
1.40pm	300m		Approx 4 races
2.00pm	100m		Approx 10 races
2.50pm	800m		Approx 4 races
3.20pm	BMC 800m		Approx 5 races
4.00pm	C Newman 1500m Handicap	M&M club members only	
4.15pm	200m		Approx 10 races

11.30am	High Jump	Opening 1.05m
12.00pm	Shot	Entries open to U13(YR6) and above.
13.00pm	Long Jump	4 trials per event.
14.15pm	Discus	Number of competitors per event may be limited.
15.30pm	Hammer	

**Electronic Timing & EDM**  
£9 per event (handicap race is free entry)

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

Entries will close at 8pm on the 31st August 2023

