

Medway & Maidstone

Athletic Club

Bellway



SUMMER OPEN MEETINGS

Sunday 21st April 2024

Medway Park – Gillingham, Kent, ME7 1HF

Run, Jump, Throw for school years R-Y5.

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
11.30	400m Hurdles 300m Hurdles	2 Races 1 Race
12.00	1500m	2 Races
12.30	100m Rd1	10 Races
13.30	300m	3 Races
13.45	400m	3 Races
14.05	100m Rd2	10 Races
14.55	800m	4 Races
15.15	BMC 800m	6 Races
15.45	200m	10 Races
16.35	3,000m	1 Race

11.00	U13/U15/U17 Long Jump
11.45	U13/U15/U17 Javelin
12.45	U20/SNR Javelin
13.15	High Jump (start 1.05m)
13.45	U13/U15/U17 Discus
14.30	Shot Put All Ages
14.45	U20/SNR Discus
15.45	Hammer All Ages



Electronic Timing & EDM

£10 per event - enter via online at entry4sports.co.uk

Entries will close at 9pm Thursday 18th April 2024