

Medway & Maidstone Athletic Club



SUMMER OPEN MEETINGS

Photo finish by Delta Timing

Sunday 12th April 2026

Medway Park – Gillingham, Kent, ME7 1HF



Quadrathlon Event

School Yr R-4 50m sprint, shot put, long jump 400m

School Yr 5-6 75m Sprint, shot put, long jump, 600m

(report at 9am to collect numbers)

10.30am	Sprint Hurdles	Under 12 and above
11.30am	200mh, 300mh, 400mh	Under 14 and above
12.00pm	1500m	Under 14 and above
12.30pm & 2.05pm	100m	Under 14 and above
1.30pm	300m	Under 16 and above
1.45pm	400m	Under 18 and above
3.00pm	800m	Under 14 and above
3.20pm	800m BMC	Entry through BMC
3.50pm	200m	Under 14 and above
4.30pm	3,000m	Under 16 and above

11.00am	High Jump	Opening 1.45m
11.30am	Long Jump	Under 14 and above
12.00pm	Javelin	U14/U16/U18
1.00pm	Javelin	U20/Senior
1.15pm	High Jump	Opening 1.05m
2.00pm	Discus	U14/U16/U18
2.30pm	Shot put	U14 and above
3.00pm	Discus	U20/Senior
4.00pm	Hammer	Under 14 and above

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

Entries will close at 8pm on the 9th April 2026. Quadrathlon athletes will not be permitted to enter other events