

Medway & Maidstone Athletic Club



SUMMER OPEN MEETINGS

Electronic Timing

Sunday 5th July 2026

Medway Park – Gillingham, Kent, ME7 1HF



Quadrathlon Event

School Yr R-4 50m sprint, turbo javelin, long jump 400m

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

(report at 9am to collect numbers)

12.00pm & 2.00pm	100m	Under 14 and above
12.50pm & 2.50pm	Wheelchair 100m	
1.00pm	1500m	Under 14 and above
1.30pm	300m	Under 16 and above
1.45pm	400m	Under 18 and above
1.55pm	Wheelchair 400m	
3.05pm	800m	Under 14 and above
3.35pm	800m BMC	Entry through BMC
4.00pm	Wheelchair 800m	
4.15pm	200m	Under 14 and above

11.00am	High Jump	Opening 1.40m
11.30am	Long Jump	Under 14 and above
12.15pm	Discus	U18 & above
12.30pm	High Jump	Opening 1.05m
1.30pm	Discus	Under 14/16
2.00pm	Shot Put	
2.45pm	Hammer	U14 and above
4.00pm	Javelin	

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

Entries will close at 8pm on the 2nd July 2026. Quadrathlon athletes will not be permitted to enter other events. Timings may vary on the day, particularly the wheelchair races dependent on entry numbers. Field events (except HJ) will be limited to 4 trials