

# Medway & Maidstone Athletic Club



## SUMMER OPEN MEETINGS

**Photo finish**

**Saturday 5<sup>th</sup> Sep 2026**

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



### Quadrathlon Event

*School Yr R-4 50m sprint, discus, long jump, 400m*

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

**(report at 9am to collect numbers)**

|                 |                |                    |
|-----------------|----------------|--------------------|
| 1.00pm & 2.30pm | 100m           | Under 14 and above |
| 2.00pm          | 300m           | Under 16 and above |
| 2:15pm          | 400m           | Under 18 and above |
| 3.15pm          | 800m           | Under 14 and above |
| 3.30pm          | 800m BMC       | Entry through BMC  |
| 4.00pm          | 200m           | Under 14 and above |
| 4.30pm          | 1500m Handicap | Under 14 and above |

|         |           |                    |
|---------|-----------|--------------------|
| 11.30am | High Jump | Opening 1.40m      |
| 11.30am | Long Jump | Under 14 and above |
| 11.45am | Discus    | U14/U16/U18        |
| 12.00pm | High Jump | Opening 1.05m      |
| 12.45pm | Shot Put  | U14/U16/U18        |
| 1.00pm  | Discus    | U20/Seniors        |
| 2.00pm  | Shot Put  | U20/Seniors        |
| 2.15pm  | Javelin   | U14/U16/U18        |
| 3.30pm  | Javelin   | U20/Senior         |
| 4.30pm  | Hammer    | All                |

**£10 per event** enter via online at **[entry4sports.co.uk](https://entry4sports.co.uk)**

Entries will close at 8pm on the 2<sup>nd</sup> September 2026. Quadrathlon athletes will not be permitted to enter other events. Field events (excluding high jump) will be limited to 4 trials