

SUMMER OPEN MEETING SERIES

MEETING 2: Sunday 9 June 2019

Medway Park – Gillingham, Kent ME7 1HF

RUN – JUMP – THROW

10.00AM to 12.00PM School Years R to 6

RUN =75m and/or 600m – **JUMP** = Long Jump – **THROW** = Shot

ENTRY £6.00 on the day (all competitors will receive a certificate) Must register by 09:30am.

Electronic Timing & EDM

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|----------------------|-------------|----------------------|
| 13.00 100m Round 1** | 15.00 800m | 11.00 High Jump |
| 13.45 1500m | 15.15 3000m | 12.15 Long Jump |
| 14.00 300m | 15.40 200m | 13.45 Shot Putt |
| 14.10 400m | | 15.00 Javelin |
| 14.20 100m Round 2** | | 15.45 Seated Throws* |

*Seated Throws by pre-entry only (no entries on the day).

** 100m – 2 races for the price of one.

Event times may be subject to change due to number of entries.

Disabled athletes and chair racers welcome.

Electronic Timing and Leader Board supplied by Justiming.

PRE ENTRY www.entry4sports.com

Early Pre-entry £6 per event

Late pre-entry £8 Per Event (Friday 7th & Saturday 8th) Entries close 9pm 8 June

On the day £10 per event

www.mandmac.org

