

SUMMER OPEN MEETING SERIES

MEETING 4: Sunday 3 September 2017

RUN – JUMP – THROW

10.00AM to 12.00PM School Years R to 6

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

ENTRY £5.00

Medway Park – Gillingham, Kent ME7 1HF

Electronic Timing & EDM

12:30 Sprint Hurdles*	14:15 400m
13:00 100m Rd 1	14:45 Chris Newman 1500m Handicap#
13:30 800m	15:10 200m
13:50 100m Rd 2	15:30 5000m

*Sprint Hurdles - contact lin.neeves@gmail.com in advance of the day.

1500m Handicap Race for M&M members only, free pre-entry via Club Sec.

12:00 Long Jump	13:15 Javelin	14:15 Discus	15:00 Pole Vault
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15:00 Seated Shot, Seated Javelin and Seated Discus**

Disabled athletes and chair racers welcome. **Seated throws to contact lin.neeves@gmail.com 24hrs before.

Electronic timing by www.Justiming.co.uk

Entry £5.00 Per Event

No pre-registration available

www.mandmac.org

