

SUMMER OPEN MEETING SERIES

MEETING 3: Sunday 9 July 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

13:30 100m Rd1	14:45 100m Rd 2
14:00 800m	15.15 1 mile
14:20 300m	15.30 200m
14:30 400m	15.45 3000m

12:00 Long Jump	13:15 Discus	14:15 Shot	15:00 High Jump
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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 on the day £5.00 Per Event

No pre-registration available.

www.mandmac.org

