

Medway & Maidstone Athletic Club



SUMMER OPEN MEETINGS

Sunday 7th July 2024

Medway Park – Gillingham, Kent, ME7 1HF

Run, Jump, Throw for school years R-5.

Shot – Long Jump – 75m – 600m

9.30am-11.30am (report at 9am to collect numbers)

10.30am	3k Walk	1 Races
12.00 & 2.00pm	100m	10 Races
1.00pm	1500m	2 Races
1.30pm	300m	4 Races
1.45pm	400m	4 Races
3.00pm	800m	4 Races
3.20pm	800m BMC	8 Races
4.10pm	200m	10 Races

11.00am	High Jump	Opening 1.45m
11.30am	Long Jump	14 Athletes
12.45pm	Javelin	14 Athletes
1.00pm	High Jump	Opening 1.05m
1.30pm	Shot	14 Athletes
2.15pm	Hammer	14 Athletes
3.30pm	Discus	14 Athletes

Electronic Timing & EDM

£10 per event

enter via online at entry4sports.co.uk

Entries will close at 8pm on the 4th July 2024

