



Tonbridge Athletic Club Open Meeting

Tonbridge School Sports Centre Track

Norman Fowler Memorial Meeting - Easter Monday 17th April 2017

TRACK

10.30	70m Hurdles	U13 Girls
10.45	1K Walk	U11 Girls and Boys
10.45	2K Walk	U13 Girls and Boys
10.45	3K Walk	U15 & above Women and Men
11.00	75m Hurdles	U13 Boys and U15 Girls
11.15	1500m	U13 & above Girls and Women
11.45	80m Hurdles	U17 Women
11.55	80m Hurdles	U15 Boys
12.05	1500m	U13 & above Boys and Men
12.30	75m	U11 Girls and Boys

13.30	150m	U13 & above Women and Men
14.00	100m Hurdles	U20 Women & above
14.05	100m Hurdles	U17 Men
14.15	110m Hurdles	U20 Men & above
14.25	600m	U11 Girls and Boys
14.50	600m	U13 & above Women and Men
15.20	3000m	U15 & above Women and Men
15.40	300m	U15 & above Women and Men
16.00	800m Steeplechase	U15 & above Women and Men
16.15	1000m Steeplechase	U15 & above Women and Men
16.25	1500m Steeplechase	U15 & above Women and Men

Steeplechase events are part of the Kent Athletics Initiative

FIELD

10.00	Hammer 4 Throws only	U13 & above Women and Men
10.00	High Jump Starting Height below 1.50m	U13 & above Women and Men
10.00	Long Jump	U13 & above Girls and Women
11.30	Long Jump	U11 Girls and Boys
11.30	Discus	U13 & U15 Girls and Boys
11.30	Shot	U17 & above Women and Men
12.30	Long Jump	U13 & above Boys and Men
12.30	High Jump Starting Height above 1.50m	U13 & above Women and Men
12.30	Discus	U17 & above Women and Men

13:00	Shot Putt	U13 & U15 Girls and Boys
13:00	Pole Vault Starting Height below 3.00m	U13 & above Women and Men
14:00	Javelin	U13 & U15 Girls and Boys
14:30	Pole Vault Starting Height above 3.00m	U13 & above Women & Men
15:15	Javelin	U17 & above Women and Men

All events are run under UKA rules

Website entries: £4 per event; £10 for 3 events or more - please pay on the day when collecting your number

www.tonbridgeac.co.uk

On the day entries: £6 per event - £15 for 3 events or more

All athletes must collect their numbers from registration at least 30 minutes before their first event

Applies to both website and on the day entries

Entry to all Hurdle races is via the website only - there will be no entries allowed on the day

Tonbridge AC reserves the right to alter the timetable

There will be Electronic Timing with Photo Finish, and Electronic Distance Measuring (EDM) for the long throws

Please note that dogs must not be brought to Tonbridge School Track