



# Tonbridge Athletic Club Open Meeting

Tonbridge School Sports Centre Track

## Norman Fowler Memorial Meeting - Easter Monday 2nd April 2018

### TRACK

10:30	<b>70m Hurdles</b>	U13 Girls
10:45	<b>1K Walk</b>	U11 Girls and Boys
10:45	<b>2K Walk</b>	U13 Girls and Boys
10:45	<b>3K Walk</b>	U15 & above Women and Men
11:00	<b>75m Hurdles</b>	U13 Boys and U15 Girls
11:15	<b>1500m</b>	U13 & above Girls and Women
11:45	<b>80m Hurdles</b>	U17 Women
11:55	<b>80m Hurdles</b>	U15 Boys
12:05	<b>1500m</b>	U13 & above Boys and Men
12:30	<b>75m</b>	U11 Girls and Boys

13:30	<b>150m</b>	U13 & above Women and Men
14:00	<b>100m Hurdles</b>	U20 Women & above
14:05	<b>100m Hurdles</b>	U17 Men
14:15	<b>110m Hurdles</b>	U20 Men & above
14:25	<b>600m</b>	U11 Girls and Boys
14:50	<b>600m</b>	U13 & above Women and Men
15:20	<b>3000m</b>	U15 & above Women and Men
15:40	<b>300m</b>	U15 & above Women and Men
16:00	<b>800m Steeplechase</b>	U15 & above Women and Men
16:15	<b>1000m Steeplechase</b>	U15 & above Women and Men

*Steeplechase events are part of the Kent Athletics Initiative*

### FIELD

10:00	<b>Hammer</b> 4 Throws only	U13 & above Women and Men
10:00	<b>High Jump</b> Starting Height below 1.50m	U13 & above Women and Men
10:00	<b>Long Jump</b>	U13 & above Girls and Women
11:30	<b>Long Jump</b>	U11 Girls and Boys
11:30	<b>Discus</b>	U13 & U15 Girls and Boys
11:30	<b>Shot</b>	U17 & above Women and Men
12:30	<b>Long Jump</b>	U13 & above Boys and Men
12:30	<b>High Jump</b> Starting Height above 1.50m	U13 & above Women and Men
12:30	<b>Discus</b>	U17 & above Women and Men

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

### All events are run under UKA rules

Entry Cost: £4 per event; £10 for 3 events or more - please enter online then pay cash on the day when collecting your number

**Entries are Online Only - Entries Close 09:00am on Saturday 31st March 2018**

**NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED**

Athletes under 18 years old must be accompanied by a parent, guardian or responsible adult at all times.

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

Tonbridge Athletic Club reserves the right to alter the timetable  
Track events will be hand timed, Electronic Distance Measuring (EDM) will be used for the long throws

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