

**Tonbridge Athletic Club 2010****Tonbridge School Track****Norman Fowler Memorial Meeting - Easter Monday April 5th**

| <b>TRACK</b> |                 |   |            | <b>FIELD</b> |             |  |                  |
|--------------|-----------------|---|------------|--------------|-------------|--|------------------|
| 10.30am      | 70MH            | U13   | Girls      | 10.30am      | Hammer      | All ages   | Men              |
| 10.45am      | 1500M           | All ages  | Women      |              |             | * (3 throws qualification distance for additional 3) |                  |
| 11.00am      | 75MH            | U13 Boys and U15 Girls                          |            |              | Long Jump   | All ages   | Men              |
| 11.15am      | 1500m           | All ages  | Men        | 11.35am      | Hammer      | All ages   | Women * as above |
| 11.45am      | 80MH            | U15 Boys and U17 Women                          |            |              | Shot        | All ages   | Men              |
| 12.00am      | 150m            | All ages  | Women/Men  |              | Long Jump   | U11  | Girls/Boys       |
| 1.00pm       | 75M             | U11   | Girls/Boys | 12.40pm      | Discus      | All ages   | Men              |
| 1.20pm       | 600m            | All ages  | Women/Men  |              | Shot        | All ages   | Women            |
| 1.45pm       | 100MH           | U20W and above & U17M                           |            |              | Long Jump   | All ages   | Women            |
| 1.55pm       | 110MH           | U20 Sen Vet                                     | Men        | 1.45pm       | Discus      | All ages   | Women            |
| 2.10pm       | 600M            | U11   | Girls/Boys |              | Triple Jump | U17W & U15B and above                                |                  |
|              |                 |   |            |              | Pole Vault  | All ages   | Women/Men        |
| 2.30pm       | 3000m/<br>5000m | U17W & U15B and above/<br>U20W & U17M and above |            |              |             | Start height below 3.20m                             |                  |
|              |                 |   |            | 2.45pm       | Pole Vault  | All ages   | Women/Men        |
|              |                 |   |            |              |             | Start height 3.20m & up                              |                  |
| 2.50pm       | 1K Walk         | U11   | Girls/Boys | 2.50pm       | Javelin     | All ages   | Men              |
|              | 2K Walk         | U13   | Girls/Boys |              | High Jump   | All ages   | Women/Men        |
|              | 3K Walk         | All other ages                                  | Women/Men  |              |             | Start height below 1.40m                             |                  |
| 3.20pm       | 300m            | U17W & U15B and above                           |            |              |             |  |                  |
|              |                 |   |            | 3.50pm       | High Jump   | All ages   | Women/Men        |
|              |                 |   |            |              |             | Start height 1.40m & up                              |                  |
|              |                 |   |            |              | Javelin     | All ages   | Women            |
| 4.15pm       | 4 x 100m Relays | All ages  |            |              |             |  |                  |

Entries £3.00 per event on day - You must register at least 30 minutes before your first event

Entries via the web site £2.00 per event [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk) to be paid when collecting your number on the day (at least 30 minutes before your first event). Tonbridge AC reserve the right to alter the timetable.

For all queries please Dawn Hookway on 01732 838211 or email [dawn@tonbridgeac.co.uk](mailto:dawn@tonbridgeac.co.uk)