

Tonbridge Athletic Club 2010 Open Meetings

Tonbridge School Track

Avril Bowring Memorial Series

Meeting One		Evening Open/Graded Meeting - Tuesday 4th May					
6.20pm	800m	U13 up	Women/Men	6.20pm	Long Jump	U13 up	Women/Men
6.40pm	300m	U17W & U15B	and above		Shot	U13 up	Women
7.00pm	1500m	U13 up	Women/Men	6.40pm	High Jump	U13 up	Women/Men
7.30pm	100m	U13 up	Women/Men		Starting Height 1m		
					Shot	U13 up	Men

Meeting Two		Evening Open/Graded Meeting - Tuesday 1st June					
6.20pm	100m	U13 up	Women/Men	6.40pm	Javelin	U13 up	Women
6.50pm	1K Walk	U13 up	Women/Men		Pole Vault	U15 up	Women/Men
7.05pm	400m	U20W & U15B	and above		Up to 3.20m		
7.25pm	800m	U13 up	Women/Men	7.20pm	Long Jump	U13 up	Women/Men
7.55pm	200m	U13 up	Women/Men	7.40pm	Javelin	U13 up	Men
8.25pm	3000m	U17W & U15B	and above				

Meeting Three		Evening Open/Graded Meeting - Tuesday 6th July					
6.40pm	100m	U13 up	Women/Men	6.40pm	Hammer	U15 up	Men/Women
7.15pm	800m	U13 up	Women/Men		Pole Vault	U15 up	Women/Men
7.45pm	400m	U20W & U15B	and above		Starting Height 3.00m		
8.00pm	200m	U13 up	Women/Men		Triple Jump	U17W & U15B	and above
8.30pm	3000m	U17W & U15B	and above	7.20pm	High Jump	U13 up	Women/Men

Meeting Four		Evening Open/Graded Meeting - Tuesday 3rd August					
6.40pm	100m	U13 up	Women/Men	6.40pm	Discus	U13 up	Men
7.20pm	1K Walk	U13 up	Women/Men		Pole Vault	U15 up	Women/Men
					Up to 3.50m		
7.40pm	1500m	U13 up	Women/Men		Long Jump	U13 up	Women/Men
8.15pm	300m	U17W & U15B	and above	7.00pm	Triple Jump	U17W & U15B	and above
8.40pm	5000m	U20W & U17M	and above	7.40pm	Discus	U13 up	Women

All events run under UKA rules

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 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