

Tonbridge Athletic Club 2008 Open Meetings Tonbridge School Track

Norman Fowler Memorial Meeting – Easter Monday March 24th

10:30am	75m	U11 Girls and Boys	10:30am	Hammer	All ages Men
10:45am	3000m	Men* Women*		(3 throws + qualification distance for additional 3)	
11:20am	150m	All ages Men & Women	10:45am	Long Jump	U11 Boys & Girls (3 jumps)
12:00 noon	70mH	U13 Girls	11:30am	Discus	All ages Women
12:10pm	75mH	U15 Girls, U13 Boys	11:30am	Triple Jump	Men* Women*
12:20pm	80mH	U17 Women, U15 Boys	12:30pm	Long Jump	Women U13 & above
12:30pm	600m	All ages Men & Women	1:00pm	Discus	All ages Men
12:55pm	600m	U11 Girls and Boys	1:30pm	Pole Vault	All ages Men & Women
1:10pm	100mH	U20L,SL,VL,U17M	2:00pm	Shot	All ages Men
1:20pm	110mH	U20M,SM,VM	2:00pm	High Jump	All ages Women
1:35pm	1500m	All ages Men & Women	2:30pm	Long Jump	Men U13 & above
2:15pm	Walk	1K – U11 Girls & Boys	2:30pm	Javelin	All ages Women
		2K – U13 Girls & Boys	3:00pm	High Jump	All ages Men
		3K – All other ages	3:15pm	Javelin	All ages Men
2:45pm	1500m S/C	U17M	3:30pm	Shot	All ages Women
2:55pm	2000m S/C	U20M,SM,VM	4:00pm	Hammer	All ages Women
3:15pm	1000m	All ages Men & Women		(3 throws + qualification distance for additional 3)	
3:45pm	300m	Men* Women*			
4:30pm	5000m	SL,VL,U20M,SM,VM			

AVRIL BOWRING MEMORIAL SERIES

(Meeting 1) Evening Open/Graded Meeting – Tuesday 6th May

6:00pm	600m**	U11 Girls and Boys	6:55pm	Long Jump	All ages Men
6:15pm	75m**	U11 Girls and Boys	6:45pm	Shot Putt	All ages Women
6:30pm	300m	Men* Women*	7:10pm	High Jump	All ages Men & Women
6:55pm	100m	All ages Men & Women	7:20pm	Shot Putt	All ages Men
7:30pm	5000m	County Champs (pre entry only)	7:40pm	Long Jump	All ages Women
8:00pm	1500m	All ages Men & Women			

(Meeting 2) Evening Open/Graded Meeting – Tuesday 3rd June

6:15pm	600m**	U11 Girls and Boys	6:25pm	Long Jump	U11 Boys & Girls (3 Jumps)
6:45pm	75m**	U11 Girls and Boys	6:45pm	Javelin	All ages Women
7:00pm	100m	All ages Men & Women	7:00pm	Pole Vault	All ages M & W
7:40pm	Walk-1K	All ages Men & Women	7:20pm	Long Jump	All ages Men (Ex U11)
7:50pm	800m	All ages Men & Women	7:30pm	Javelin	All ages Men
8:10pm	400m	U20W & above U15B & above	8:00pm	Long Jump	All ages Women (Ex U11)
8:30pm	200m	All ages Men & Women			
9:00pm	3000m	U17W & above/U15B & above			

(Meeting 3) Evening Open/Graded Meeting – Tuesday 1st July

6:20pm	600m**	U11 Girls and Boys	6:45pm	Hammer	All ages Men
6:45pm	75m**	U11 Girls and Boys	6:45pm	High Jump	All ages Women
7:00pm	800m	All ages Men & Women	7:00pm	Pole Vault	All ages M & W
7:25pm	100m	All ages Men & Women	7:00pm	Long Jump	Under 11 only (3 jumps)
8:05pm	400m	U17W & above U15B & above	7:30pm	Hammer	All ages Women
8:20pm	200m	All ages Men & Women	7:30pm	High Jump	All ages Men
8:45pm	3000m	U17W & above/U15B & above			

***** **7.30pm 3rd Annual Bill Collins Memorial Walk *******
U11 -1km U13 - 2km all others - 3km – Specially marked Road Course

(Meeting 4) Evening Open/Graded Meeting – Tuesday 5th August

6:20pm	600m**	U11 Girls and Boys	6:55pm	Long Jump	U11 Boys & Girls (3 jumps)
6:45pm	75m**	U11 Girls and Boys	6:45pm	Discus	All ages Men
7:00pm	100m	All ages Men & Women	7:25pm	Long Jump	All ages Women (Ex U11)
7:35pm	Walk-1K	All ages Men & Women	7:40pm	Discus	All ages Women
7:45pm	1500m	All ages Men & Women	8:00pm	Long Jump	All ages Men (Ex U11)
8:10pm	300m	U17W & above U15B & above	8:15pm	Triple Jump	Men* Women*
8:35pm	5000m	SL,VL,U20M,SM,VM (Incorporating TAC Club Champs)			

All events run under UKA Rules, except under 11's (which are run within the spirit of the rules)
Under 11's can compete in non-specified U11 events at the discretion of their coach/parents with agreement of TAC

Entries: £2.00 per event on the day - reporting 30 minutes before event.
Also entries via the web site www.tonbridgeac.co.uk - still need to report 30 minutes before event.
Tonbridge AC reserve the right to alter the timetable

For all queries please call Meeting Co-ordinator, Dawn Hookway on 01732 838211
or email dawn@tonbridgeac.co.uk

Men* = U15 and above Women* = U17 and above
**Medals to fastest 3 overall Under 11's (Boys and Girls) in the 75m and 600m (+ long jump – where applicable).