



North Down AC Open Track & Field Open Meetings Bangor Sportsplex, Old Belfast Road, Bangor

Meeting 4: Tuesday 25th July 2017

Track	Field
100m 7.00pm	Long Jump 7.00pm
1500m 7.30pm	Discus 7.10pm
3000m 8.00pm (U15 & older)	Javelin 7.30pm
400m 8.30pm (U15 & older)	<i>(Note: No triple jump event)</i>
	Shot 7.50pm

Meeting 5: Tuesday 15th August 2017

Track	Field
200m 7.00pm	Discus 7.00pm <i>(note: No Hammer)</i>
3000m 7.40pm (U15 & older)	High Jump 7.00pm
800m 8.00pm	Long Jump 7.10pm
400m 8.30pm (U15 & older)	Javelin 7.50pm
	Shot 7.50pm

Open to all male & female athletes U13 and older (where permitted under UKA age-rules)

Races graded on pbs and age. Electronic timing.

Exact start times subject to progress on event/race running order. Max spike length 6mm. All abilities welcome. Entry on the night: £3 one event, £5 multiple events.

For more information contact: northdownac@gmail.com or f.marsh.justdoit@hotmail.co.uk