

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

Meeting 1: Tuesday 4th April 2017

<u>Track</u>		<u>Field</u>	
150m	7.00pm	High Jump	7.00pm
150m	7.10pm	Long Jump	7.15pm
600m	7.45pm	Hammer	7.15pm
3000m	8.10pm	Javelin	7.45pm
300m	8.45pm	Shot	7.50pm

Meeting 2: Tuesday 16th May 2017

<u>Track</u>		<u>Field</u>	
100m	7.00pm	Long Jump	7.00pm
1500m	7.40pm	Discus	7.10pm
3000m	8.00pm	Javelin	7.30pm
400m	8.30pm	Triple Jump	7.40pm
		Shot	7.50pm

Meeting 3: Tuesday 6th June 2017

<u>Track</u>		<u>Field</u>	
200m	7.00pm	Hammer	7.00pm
3000m	7.40pm	High Jump	7.00pm
800m	8.10pm	Long Jump	7.10pm
400m	8.30pm	Javelin	7.50pm
		Shot	7.50pm

Meeting 4: Tuesday 25th July 2017

<u>Track</u>		<u>Field</u>	
100m	7.00pm	Long Jump	7.00pm
1500m	7.40pm	Discus	7.10pm
3000m	8.00pm	Javelin	7.30pm
400m	8.30pm	Triple Jump	7.40pm
		Shot	7.50pm

Meeting 5: Tuesday 15th August 2017

<u>Track</u>		<u>Field</u>	
200m	7.00pm	Hammer	7.00pm
3000m	7.40pm	High Jump	7.00pm
800m	8.10pm	Long Jump	7.10pm
400m	8.30pm	Javelin	7.50pm
		Shot	7.50pm

Open to all male & female athletes 13 and over, although younger athletes may guest in any (age allowed) events. 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:

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