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**North Down AC Open Track & Field Open Meetings 1, 2, 3, 4 & 5**

**2019**

**Bangor Sportsplex, Old Belfast Road, Bangor**

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| **Meeting 1: Tue 9 April**  **Track:**  150m 7.00pm  600m 7.40pm \*  3000m 8.10pm (no u13s)\*  300m 8.40pm (no u13s) | **Field:**  High Jump 7.00pm  Discus 7.10pm  Long Jump Girls/Women 7.20pm  Javelin 7.40pm  Long Jump Boys/Men 8:00pm  Shot 8.10pm |

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| **Meeting 2: Tue 7 May**  **Track:**  75m/80m U13/15 hurdles 6:50pm  100m 7.00pm  1500m 7.40pm \*  3000m 8.00pm (no u13s)\*  400m 8.30pm (no u13s) | **Field:**  High Jump 7.00pm  Hammer 7.10pm (no U13s)  Long Jump Girls/Women 7.20pm  Javelin 7.40pm  Long Jump Boys/Men 7.50pm  Shot 8.00pm |

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| **Meeting 3: Tue 4 June**  **Track**  200m 7.00pm  3000m 7.40pm\* (no U13s)  800m 8.10pm \*  400m 8.30pm (no U13s) | **Field**  High Jump 7.00pm  Discus 7.10pm  Long Jump Girls/Women 7.20pm  Javelin 7.40pm  Long Jump Boys/Men 7:50pm  Shot 8.00pm  Triple Jump 8:15pm (no u13s**)** |

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| **Meeting 4: Tue 2 July**  **Track**  100m 7.00pm  1500m 7.40pm\*  3000m 8.00pm \*(no U13s)  400m 8.30pm (no U13s) | **Field**  High Jump 7.00pm  Hammer 7.10pm (no U13s)  Long Jump Girls/Women 7:20pm  Javelin 7.40pm  Long Jump Boys/Men 7.50pm  Shot 8.00pm |

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| **Meeting 5: Tues 13 Aug**  **Track**  75m/80m U13/15 hurdles 6:50pm  200m 7.05pm  3000m 7.40pm \* (no U13s)  800m 8.10pm \*  400m 8.30pm (no U13s) | **Field**  High Jump 7.00pm  Discus 7.10pm  Long Jump Girls/Women 7.20pm  Javelin 7.40pm  Long Jump Boys/Men's 7:50pm  Shot 8.00pm |

Electronic timing. Races graded on pbs& youngest athletes ages . Race order, generally: female races first, fastest go last race. 3k mixed M/F. Electronic timing. Exact start times subject to progress on event/race running order. Max spike length 6mm**.** All abilities welcome. UKA age rules, e.g. U13s = 11 or 12 on or before 31/08/19. U13&U15 limited to 3 events max. \*U15s cannot race 2 distance events (600 to 3000) at the same meet, just 1 distance race. No U11s. **Entry on the night: £3 per event, £5 for two or more events. Registration open 6:15pm………**For more information contact: fmarsh.justdoit@hotmail.co.uk