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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 7.00pmDiscus 7.10pm Long Jump Girls/Women 7.20pmJavelin 7.40pm Long Jump Boys/Men 8:00pmShot 8.10pm  |

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| **Meeting 2: Tue 7 May****Track:**75m/80m U13/15 hurdles 6:50pm100m 7.00pm 1500m 7.40pm \*3000m 8.00pm (no u13s)\*400m 8.30pm (no u13s) | **Field:** High Jump 7.00pmHammer 7.10pm (no U13s) Long Jump Girls/Women 7.20pmJavelin 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 7.00pmDiscus 7.10pm Long Jump Girls/Women 7.20pmJavelin 7.40pm Long Jump Boys/Men 7:50pmShot 8.00pm Triple Jump 8:15pm (no u13s**)**  |

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| **Meeting 4: Tue 2nd July****Track**100m 7.00pm 1500m 7.30pm\***5000m** 7.50pm \*(no U13/15/17s)400m 8.40pm (no U13s) | **Field** High Jump 7.00pmHammer 7.10pm (no U13s) Long Jump Girls/Women 7:20pmJavelin 7.40pm Long Jump Boys/Men 7.50pm Shot 8.00pm  |

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| **Meeting 5: Tues 13th Aug****Track** 75m/80m U13/15 hurdles 6:50pm200m 7.05pm 3000m 7.40pm \* (no U13s)800m 8.10pm \*400m 8.30pm (no U13s) | **Field**High Jump 7.00pmDiscus 7.10pm Long Jump Girls/Women 7.20pmJavelin 7.40pm Long Jump Boys/Men's 7:50pmShot 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