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**North Down AC Open Track & Field Open Meetings 4 & 5**

**2019**

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

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| **Meeting 4: Tue 2nd July**  **Track**  **70mH u13G, 75mH U13B/U15G, 80mH U15B/U17G hurdles 6:50pm**  100m 7.05pm  1500m 7.30pm\*  **5000m** 7.50pm \*(no U13/15/17s)  400m 8.40pm (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 13th Aug**  **Track**  **70mH u13G, 75mH U13B/U15G, 80mH U15B/U17G 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