

## Tonbridge Athletic Club 2013 Tonbridge School Track

### Norman Fowler Memorial Meeting - Easter Monday 1st April

Track		Field	
10.30am	<b>70 mh</b>	U13 Girls	10.30am <b>Hammer</b> All ages Women & Men <b>(4 Throws only)</b>
10.45am	<b>1 Mile</b>	All ages Girls & Women	10.30am <b>Long Jump</b> All ages Women
11.00am	<b>75mh</b>	U13B & U15G	11.40am <b>Long Jump</b> <b>U11 Girls &amp; Boys</b>
11.15am	<b>1 Mile</b>	All ages Boys & Men	12.00pm <b>Discus</b> All ages Women & Men
11.45am	<b>80mh</b>	U15B & U17W	12.00pm <b>Long Jump</b> All ages Men
12.00pm	<b>150m</b>	All ages Women & Men	
<b>1.30pm</b>	<b>75m</b>	<b>U11 Girls and Boys</b>	
1.40pm	<b>600m</b>	All ages Women & Men	1.00pm <b>Pole Vault</b> All ages Women & Men <b>Starting Height below 3.00m</b>
2.00pm	<b>100mh</b>	U20W & above U17M	1.00pm <b>Shot</b> All ages Women & Men
2.05pm	<b>110mh</b>	U20 ,Sen & Vet Men	1.30pm <b>High Jump</b> All ages Women & Men <b>Starting height below 1.40m</b>
<b>2.15pm</b>	<b>600m</b>	<b>U11 Girls and Boys</b>	
2.30pm	<b>3000m/5000m</b>	U17W, U15B, and above	2.30pm <b>Javelin</b> All ages Women & Men
<b>2.50pm</b>	<b>1K Walk</b>	<b>U11 Girls &amp; Boys</b>	2.30pm <b>High Jump</b> All ages Women & Men <b>Starting height 1.40m and above</b>
	<b>2K Walk</b>	U13 Girls & Boys	
	<b>3K Walk</b>	All ages Women & Men	3.00pm <b>Pole Vault</b> All ages Women & Men <b>Starting Height 3.00m and above</b>
3.20pm	<b>300m</b>	U17W, U15B, and above	
4.15pm	<b>4 x 100m Relays</b>	All ages	

All Events run under UKA rules

Entries £3 per event on the day, £2 per event in advance, via the website.

([www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk))

Entry fees payable when collecting your number on the day.

**Hurdle races are pre-entry only - no entries allowed on the day.**

**You must register/collect your numbers at least 30 minutes before your 1st event.**

Tonbridge AC reserve the right to alter the timetable

For all queries please contact Dawn Hookway on [dawn@tonbridgeac.co.uk](mailto:dawn@tonbridgeac.co.uk)

NB -Track Photo Finish and EDM (for the long throws) at this meeting