

Invicta East Kent Athletic Club

Open - August 2010

Graded races - competitors grouped by declared ability

Tues 17 August

6.30 pm	75 m	under 11		
6.40 pm	100 m	All - not under 11		
6.50 pm	600m	under 11		
7.00 pm	1,000 m	All - not under 11		
7.10 pm	300 m	All - not under 11		
7.20 pm	400 m	All - (no u11 - no u13 - no u15 Girls)		
7.30 pm	3,000 m	All - not under 11 or u-13		
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6.30 pm	Javelin	u-13	u-15 (not under 11)	3 attempts
7.00 pm	Javelin	u-17	+ older	3 attempts
7.15 pm	Long Jump	All - not under 11		3 attempts

enter on the day - one fee to take part

Non-member £3

u11 - up to 2 events

IEK member £2

over11 - up to 3 events

registration in the Clubhouse - 30 mins before each event