

## **Marshall Milton Keynes AC**

### **Open Meeting on Sunday 22 August 2021**

This meeting is open to all athletes. Non-MMK members will pay £5 per event (entry on the day). It is free to MMK members.

Quadkids is free, but only available to athletes from MMK and Vale of Aylesbury

11:00am: Hammer A (40m+ throwers)

11:30am: Quadkids Turbo Javelin

12:00 noon: Hammer B (Under 40m throwers), Pole Vault

12:15pm: Quadkids 75m

12:45pm: Quadkids Long Jump

1:00pm: Javelin, Shot

1:30pm: Quadkids 600m

2:00pm: Discus, Triple Jump

- The Open events are for eligible age groups for that event.
- Subject to UKA Rules for Competition.
- Age groups (as at 31 August 2021).
- Post Code for navigation **MK14 6DT**.
- Registration on the day from 10.30am.