



Blackheath
& Bromley

Blackheath & Bromley Harriers AC

SUMMER OPEN GRADED MEETINGS 2015

ELECTRONIC TIMING, EDM (for long throws)

NORMAN PARK, BROMLEY

Monday 18th May

| | | | | | |
|------|-----------|----------|------|------------|-------------|
| 7.15 | 100m (R1) | All ages | 7.15 | Shot | U17/U20/Sen |
| 7.55 | 800m | All ages | 7.15 | Pole Vault | All ages |
| 8.15 | 100m (R2) | All ages | 7.15 | Discus | U13/U15 |
| 8.45 | 400m* | All ages | 8.15 | Shot | U13/U15 |
| 9.00 | 1500m | All ages | 8.15 | Discus | U17/U20/Sen |

Monday 8th June

| | | | | | |
|------|------------|----------|------|-----------|----------|
| 7.15 | 300m/400m* | All ages | 7.15 | Hammer | All ages |
| 7.35 | 100m (R1) | All ages | 7.15 | Long Jump | All ages |
| 8.10 | 800m | All ages | 7.45 | High Jump | All ages |
| 8.35 | 100m (R2) | All ages | | | |
| 9.00 | 1500m | All ages | | | |

Monday 20th July

| | | | | | |
|------|-----------|----------|------|--------------|----------|
| 7.15 | 150m/200m | All ages | 7.15 | Pole Vault | All ages |
| 7.45 | 800m | All ages | 7.15 | Javelin | All ages |
| 8.15 | 100m | All ages | 7.45 | Triple Jump* | All ages |
| 8.45 | 400m* | All ages | | | |
| 9.00 | 1500m | All ages | | | |

Monday 10th August

| | | | | | |
|------|-------|----------|------|-----------|-------------|
| 7.15 | 75m | Under 13 | 7.15 | Long Jump | All ages |
| 7.30 | 100m | All ages | 7.15 | Discus | U13/U15 |
| 8.00 | 400m* | All ages | 7.15 | Shot | U17/U20/Sen |
| 8.15 | 800m | All ages | 8.15 | Discus | U17/U20/Sen |
| 8.40 | 200m | All ages | 8.15 | Shot | U13/U15 |
| 9.00 | 1500m | All ages | | | |

*No Under 13's

All entries in advance £4.00 (Payment must be received prior to closing date)
Entries on the night £6.00 Track, £4.00 Field (30 mins prior to event time)
All events are open to both men and women of all ages unless stated otherwise
All track events will have electronic timing from *Justiming*
The timing of events is subject to change depending on number of entries received.

The closing date for all advance entries is the Friday before the fixture

Wednesday night events

| | | | |
|-----------------------|--------|---|---------------|
| 3 rd June | 7.30pm | 3000m | Sen, U20, U17 |
| 22 nd July | 7.30pm | 5000m | Sen, U20 |
| 26 August | 7.15pm | 1 mile, sprint hurdles, javelin, hammer | All ages |

Entry on the night, 30 mins prior to event time. £4 per event.(no electronic timing)

Further details can be found at
<http://www.bandbhac.org.uk/> and <http://www.nptm.co.uk/>
or contact Ken Daniel 020 8462 5134/Mark Purser 07932111912.
Advance entries to bbhopen@gmail.com

FREE AND EASY PARKING ON SITE