



May		Tuesday 17 - part of IEK Open		
6.45 pm	300 m	All ages M & F (not under 11)		
June		Weds 15 - part of Kent Championships (at Dartford)		
7.30 pm	10,000 m	u-20 Senior Vet (not u17 or younger)		
June		Tuesday 21 - part of IEK Open		
7.30 pm	400 m	u15M u17 u20 (not u11 u13 u15 Fem Sen or Vet)	7.15 pm	Discus u13 + u15 M & F (not under 11)
July		Tuesday 19 - part of IEK Open		
7.30 pm	5,000 m	All ages M & F (not u-15 or younger)		
		6.30 pm	Long Jump	u13 + u15 M & F (not under 11)
		7.15 pm	Long Jump	u17 and older
September		Thursday 15 - during IEK Club night		
6.00 pm	70 Hdles	u13 Fem		
6.10 pm	75 Hdles	u13 M u15 Fem		
6.20 pm	80 Hdles	u15 M u17 Fem		
6.30 pm	100 Hdles	u17M u20 Fem SL VL		6.30 pm
6.40 pm	110 Hdles	u20M SM VetM		Javelin u13 + u15 M & F (not under 11)
7.00 pm	3,000 m	u-15 only (not u13 or u11) M & F		7.00 pm
7.15 pm	3,000 m	u-17 and older (not under 15) M & F		Javelin u-17 and older (not under 15) M & F
September		Tuesday 20 - part of IEK Open		
7.00 pm	MILE	u13 only M & F (not under 11)		6.30 pm
7.00 pm	MILE	u-15 and older M & F (not u-13)		High Jump u13 + u15 M & F (not under 11)
			7.00 pm	High Jump u-17 and older (not under 15) M & F
September		Thursday 22 - during IEK Club night		
6.30 pm	800 m	M & F - u13 + u15 (not under 11)		
6.45 pm	800 m	u-17 and older (not under 15) M & F		7.00 pm
			Triple Jump	u-17 and older (not under 15) M & F
September		Sunday 25		
Morning				
10.00 am	150 m	ALL		<p>No need for an entry form</p> <p>Flat fee £1 - you to do as many events as you wish from the five (5) events available</p> <p>Turn up on the day <u>WITH</u> valid IEK membership card and the fee is 50p</p>
10.20 am	Throw a ball	Yrs 3 & 4 - max 3 trials incl practice		
	Long Jump	Yrs 5 & 6 - max 3 trials incl practice		
10.40 am	Long Jump	Yrs 3 & 4 - max 3 trials incl practice		
	Throw a ball	Yrs 5 & 6 - max 3 trials incl practice		
11.00 am	70 m	ALL		
11.20 am	400 m	ALL		
11.45 pm	Certificates & prizes			
Afternoon				
1.00 pm	400 Hdles	u-20, Sen, Vet (M & F) + u17M		1.00 pm
1.05 pm	300 Hdles	u17 Fem only		Shot ALL M & F (not under 11)
1.10 pm	1500 m	ALL AGES M & F (not u-11)		
1.30 pm	100 m	ALL AGES M & F (not u-11)		
1.50 pm	400 m	Seniors & Vets only - M & F		
2.00 pm	2000 S/ch	u20 M + Vet M		
2.10 pm	1500 S/ch	u17 M + u20 Fem, SL, Vet L		
2.20 pm	3000 S/ch	SM		
2.30 pm	200 m	ALL AGES M & F (not u-11)		2.30 pm
2.50 pm	Mixed Relays	ALL - mixed distances teams sorted on the day		Hammer M + F u-15 up (not u-13 or u-11)
3.00 pm	Medal Ceremony			