

SCVAC LEAGUE FINAL – SUNDAY SEPTEMBER 1st 2019
JULIE ROSE STADIUM, ASHFORD

Track timetable

Number of races

10.30	800	W35A W35B W50	3
10.50	800	M35A M35B M50	3
11.10	100	W35A W35B W50 W60	4
11.30	100	M35A M35B M50 M60	4
11.50	2000Walk	W35/W50	1
12.20	200	W35A W35B W50	3
12.40	200	M35A M35B M50	3
1.0	Lunch break for track officials		
1.45	1500	W35A W35B W50 W60	4
2.15	1500	M35A M35B M50 M60	4
2.45	400	W35A W35B W50 W60	4
3.05	400	M35A M35B M50 M60	4
3.25	2000Walk	M35/M50	1
3.55	3000	W35A/W35B/W50	1
4.25	4x100	W35+	1
4.35	4x100	M35+	1
4.45	3000	M35A/M35B/M50	1
5.15	4x400	W35+	1
5.30	4x400	M35+	1

Field timetable

10.30	Hammer	M35 followed by M50 (11.15)
10.30	Long Jump	M35 followed by M50 (11.15)
10.30	Pole Vault	W35 W50 M35 M50
10.30	Shot	W35 followed by W50 (11.15)
12.00	High Jump	W35 W50 W60
12.00	Long Jump	W35 followed by W50 (12.45)
12.00	Shot	M35 followed by M50 (12.45)
12.00	Hammer	W35 followed by W50 (12.45)
1.30	Shot	W60 followed by M60 (2.15)
1.30	Triple Jump	M35 followed by M50 (2.15)
1.30	Javelin	W50 followed by W35 (2.15)
1.30	Discus	M35 followed by M50 (2.15)
2.30	High Jump	M35 M50 M60
3.00	Triple Jump	W35 followed by W50 (3.45)
3.00	Javelin	W60 followed by M60 (3.45)
3.00	Discus	W35 followed by W50 (3.45)
4.30	Javelin	M35 followed by M50 (5.15)
4.30	Long Jump	W60 followed by M60 (5.15)