

**EMAC TRACK & FIELD CHAMPIONSHIPS 2018****HOSTED BY SOUTHEND-ON-SEA ATHLETIC CLUB****SATURDAY 11<sup>th</sup> AUGUST 2018 at SOUTHEND A.C. RUNNING TRACK****GARON PARK.SOUTHEND-ON-SEA.SS2 4FA.****First Field Event 11.00.am, First Track Event 11.30.am.*****Timetable***

<b>Time</b>	<b>Track</b>	<b>Time</b>	<b>Field</b>
		<b>11:00</b>	<b>Pole Vault.</b> Men and Women max 9 vaults.
		<b>11:00</b>	<b>Long Jump.</b> Women 4 jumps
		<b>11:00</b>	<b>Discus.</b> Men 4 throws
<b>11:30</b>	<b>Long Hurdles</b> Men and Women 200m 300m 400m *		
<b>12:10</b>	<b>800m</b> Men and Women *		
		<b>12:30</b>	<b>High Jump</b> Men max 9 jumps
		<b>12:30</b>	<b>Triple Jump</b> Women 4 jumps
		<b>12:30</b>	<b>Javelin</b> Men 4 throws
<b>12:45</b>	<b>100m</b> Men and Women *		
		<b>13:00</b>	<b>Long Jump</b> Men 4 jumps
		<b>13:00</b>	<b>Shot</b> Men 4 putts
		<b>13:15</b>	<b>Discus</b> Women 4 throws
<b>13:20</b>	<b>2000m Walk</b> Men and Women, one race		
		<b>13:30</b>	<b>High Jump</b> Women 4 jumps
		<b>13:30</b>	<b>Javelin</b> Women 4 throws
<b>13:40</b>	<b>3000m</b> Men and Women, one race		
<b>14:00</b>	<b>Sprint Hurdles</b> Men and Women 80m 100m 110m *	<b>14:00</b>	<b>Triple Jump</b> Men 4 jumps
<b>14:30</b>	<b>200m</b> Men and Women *	<b>14:30</b>	<b>Hammer</b> Men 4 throws
		<b>14:30</b>	<b>Shot</b> Women 4 putts
<b>15:10</b>	<b>1500m</b> One men's race, one women's race		
<b>15:30</b>	<b>400m</b> Men and Women *	<b>15:30</b>	<b>Hammer</b> Women 4 throws

\* Exact composition of races to be determined after entries have closed and will be displayed in the Clubhouse

