

**EMAC TRACK & FIELD CHAMPIONSHIPS 2019**

**HOSTED BY SOUTHEND-ON-SEA ATHLETIC CLUB**

**SATURDAY 20<sup>th</sup> July 2019 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.**

Provisional Timetable. Please refer to Final Timetable in Clubhouse on the day.

<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>Hammer</b> Men 4 throws #
<b>11:30</b>	<b>Long Hurdles</b> Men and Women 200m 300m 400m *		
		<b>12:00</b>	<b>Hammer</b> Women 4 throws #
<b>12:10</b>	<b>800m</b> Men and Women *		
		<b>12:30</b>	<b>High Jump</b> Men 9 jumps
		<b>12:30</b>	<b>Triple Jump</b> Women 4 jumps
<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>Javelin</b> Men 4 throws # <b>Shot</b> Women 4 putts #
<b>13:20</b>	<b>2000m Walk</b> Men and Women, one race		
		<b>13:30</b>	<b>High Jump</b> Women 9 jumps
<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>Discus</b> Women 4 throws # <b>Shot</b> Men 4 putts #
<b>14:30</b>	<b>200m</b> Men and Women *		
		<b>15:00</b>	<b>Discus</b> Men 4 throws #
<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>16:00</b>	<b>Javelin</b> Women 4 throws #
* Exact composition of races will be determined after entries have closed and displayed in the Clubhouse.		# Start Times of the Long Throws have initially been set on the hour from 11:00. These Start Times will be reviewed once numbers of entrants have been established and amended Start Times will be displayed in the Clubhouse at the start of the day. The first event will still start at 11:00. Some events may be split into two pools to run one after the other to decrease waiting time between throws. We hope to be able to bring the Start Time of the last event earlier if possible.	