

## ENGLAND ATHLETICS MASTERS TRACK AND FIELD CHALLENGE

TUDOR GRANGE LEISURE CENTRE, SOLIHULL, WEST MIDLANDS - SUNDAY 8th JULY 2017

### Track timetable

#### Number of races

11.00	110/100/80 hurdles	M35 M50 W35 W50	4
11.45	1500	W35/W50	1
12.00	1500	M35/M50, M60/M70	2
12.20	400	W35 W50 W60	3
12.40	400	M35 M50 M60 M70	4
1.05	2000 walk	W35/W50	1
1.25	100	W35 W50 W60 W70	4
1.45	100	M35 M50 M60 M70	4
2.05	Lunch break for track officials		
2.35	800	W35 W50 W60 W70	4
3.00	800	M35 M50 M60	3
3.20	200	W35 W50 W60	3
3.40	200	M35 M50 M60 M70	4
4.00	2000 walk	M35/M50/M60	1
4.20	3000	W35/W50	1
4.40	3000	M35/M50/M60	1
5.00	4x100 relay	W35 W50 W60	3
5.30	4x100 relay	M35 M50 M60 M70	4

### Field timetable

11.00	Discus	M35 M50
11.00	Long Jump	M35 M50
11.00	Pole Vault	W35 W50
11.00	Shot	W35 W50
12.00	Long Jump	W35 W50
12.15	Javelin	W35 W50
1.00	Shot	M60 M70
1.00	Triple Jump	M35 M50
1.30	Javelin	M35 M50
1.30	High Jump	W35 W50 W60
2.00	Pole Vault	M35 M50
2.00	Shot	W60 W70
2.00	Triple Jump	W35 W50
2.45	Discus	W35 W50
3.00	Shot	M35 M50
3.00	Long Jump	M60 M70
3.30	High Jump	M35 M50 M60 M70
4.00	Hammer	M35 M50
4.00	Long Jump	W60 W70
5.15	Hammer	W35 W50

