



VAC & SCVAC TRACK & FIELD CHAMPIONSHIPS
Sunday 27th August 2017 Kingston

Time	Full Event Name	Declaration Closes	Reporting Time
11:00	400mH Men M35-54	10:15	10:45
11:00	400mH Men M55-59 & Women W40-44	10:15	10:45
11:15	300mH Men 60+ & Women W55-59	10:30	11:00
11:15	300mH Women W60+	10:30	11:00
11:30	800m Men & Women	10:45	11:15
12:00	100m Men & Women	11:15	11:45
13:10	1500m Men & Women	12:25	12:55
13:50	110mH Men M35-49	13:05	13:35
13:50	100mH Men M50-59 & Women W35-39	13:05	13:35
13:50	100mH Men M60-69	13:05	13:35
13:50	80mH Women W40-49	13:05	13:35
13:50	80mH Men M70+ & Women W50-59	13:05	13:35
13:50	80mH Women W60+	13:05	13:35
14:05	3000m Walk Men & Women	13:20	13:50
14:25	200m Men & Women	13:40	14:10
15:20	5000m Men M35-59	14:35	15:05
15:45	5000m Men M60-64 & Women W35-54	15:00	15:30
16:05	5000m Men M65+ & Women W55+	15:20	15:50
16:50	400m Men & Women	16:05	16:35

Race order: women before men, youngest first (except in hurdles & 5000m)

09:30	Long Jump Men M35-59	08:45	09:00
09:30	Hammer Throw Men M35-59	08:45	09:00
09:30	Shot Put Men M60+	08:45	09:00
10:00	Pole Vault Men & Women	09:15	09:30
10:45	Hammer Throw Women	10:00	10:15
11:00	Shot Put Men M35-59	10:15	10:30
11:15	Long Jump Men M60+	10:30	10:45
11:45	High Jump Women	11:00	11:15
12:15	Hammer Throw Men M60+	11:30	11:45
12:45	Long Jump Women	12:00	12:15
12:45	Javelin Throw Women	12:00	12:15
13:15	High Jump Men	12:30	12:45
13:30	Discus Throw Men M60+	12:45	13:00
14:15	Javelin Throw Men M35-59	13:30	13:45
14:30	Triple Jump Men	13:45	14:00
14:45	Discus Throw Women W55+	14:00	14:15
15:30	Discus Throw Women W35-54	14:45	15:00
15:30	Shot Put Women W55+	14:45	15:00
15:45	Javelin Throw Men M60+	15:00	15:15
16:15	Triple Jump Women	15:30	15:45
16:30	Discus Throw Men M35-59	15:45	16:00
16:45	Shot Put Women W35-54	16:00	16:15

Vertical jumps - 2 warm-up trials and normal progression rules

Other field events - 2 warmup trials and 4 competition trials