

Veterans AC				
Draft timetable for Track and Field Championships				
14 July 2019				
Kingsmeadow Stadium, Kingston				
<i>Time</i>	<i>Track Events</i>	<i>Field Events - Jumps</i>	<i>Field Events - Hammer/Javelin</i>	<i>Field Events - Shot/Discus</i>
		<i>Horizontal jumps 4 attempts</i>	<i>4 attempts</i>	<i>4 attempts</i>
		<i>Vertical jumps - normal rules</i>		
10:00			Hammer - Men M35-M55 inclusive	Shot - Men M60+
10:15				
10:30		Pole Vault Men and Women		
10:45		Long Jump Men M35-M55 inclusive	Hammer - Women	Shot - Men M35-M55 inclusive
11:30				Shot - Women
11:45			Hammer - Men M60+	
12:00		Long Jump Men M60+		
12:30	400 hurdles M35-49 plus M50-54			
	400 hurdles M50 M55 plus W35-39			
	300 hurdles M60-74 plus W50, W55			
	300 hurdles W60++			
13:00	100m			
13:15		Long Jump Women	Javelin - Women	Discus - Men M60+
13:45	Lunch (1/2 hr)	High Jump Men and Women	Javelin - Men M60+	Discus - Women
14:15	800m			
14:45	110m Hurdles M35-49	Triple Jump Men		Discus - Men M35-M55 inclusive
	100m Hurdles M50-59 plus W35-39			
	100m Hurdles M60-69			
	80m Hurdles W40-49			
	80m Hurdles W50-69 plus M70+			
15:10	3000m Walk			
15:45		Triple Jump Women	Javelin - Men M35-M55 inclusive	
16:00	200m			
16:45	1500m			
17:15	400m			