

Timetable for EMAC T&F League Final

V4
 10:50 T1 400m Hurdles M35
 11:00 T2 400m Hurdles M50
 11:10 T3 400m Hurdles W35
 11:20 T4 300m hurdles M60
 11:25 T5 300m Hurdles W50
 11:35 T6 300m Hurdles W60
 11:40 T7 1500m M35/M50
 11:50 T8 1500mW35/W50
 12:00 T9 200m M35
 12:05 T10 200m M50
 12:10 T11 200m M60
 12:15 T12 200m W35
 12:20 T13 200m W50
 12:25 T14 200m W60
 12:35 T15 800m M35
 12:41 T16 800m M50/M60
 12:47 T17 800m W35
 12:53 T18 800m W50/W60
 13:00 Track Lunch

H cm	W Kg
91.4	3.6
84.0	2.7
76.0	2.7
76.0	2.7
76.0	2.7
68.6	2.7

short stagger

line

short stagger

line

13:30 T19 400m M35
 13:35 T20 400m M50
 13:40 T21 400m W35
 13:45 T22 400m W50
 13:50 T23 2Km Walk (all)
 14:15 T24 100m M35
 14:20 T25 100m M50
 14:25 T26 100m M60
 14:30 T27 100m W35
 14:45 T28 100m W50
 14:50 T29 100m W60
 14:55 T30 3000m M35/M50
 15:15 T31 3000m W35/M60
 15:35 T32 3000m W50/W60
 15:55 T33 Relay 400/200/200/400 M35
 16:00 T34 Relay 400/200/200/400 M50
 16:05 T35 Relay 400/200/200/400 W35
 16:10 T36 Relay 400/200/200/400 W50

short stagger

short stagger

short stagger

short stagger

16:20 Prizegiving