

Timetable for EMAC T&F League Final - 6th Sept 2025 **Thurrock Athletics Stadium**

Version 15-08-2025

10:50	T01	110m Hurdles - M35 - [8 lanes]	10:30	F01	Pole Vault - W35-W60/M35-M60
11:00	T02	100m Hurdles - M50 - [8]	10:30	F02	Hammer Throw - M35/M50
11:10	T03	100m hurdles - M60 - [8]			
11:20	T04	100m Hurdles - W35 - [8]	11:00	F03	Shot Putt - W35/W50
11:25	T05	80m Hurdles - W50 - [8]	11:00	F04	Long Jump - W35/M60/M70
11:35	T06	80m Hurdles - W60 - [8]	11:00	F05	Triple Jump - M35/M50
11:40	T07	1500m - M35/M50 - [curve]	11:00	F06	Javelin Throw - W60/M60
11:50	T08	1500m - W35/W50 - [curve]			
12:00	T09	200m - M35 - [7 lanes]	12:00	F07	Hammer Throw - W35/W50
12:05	T10	200m - M50 - [7]	12:00	F08	High Jump - M35/M50
12:10	T11	200m - M60 - [7]			
12:15	T12	200m - W35 - [7]	12:45	F09	Discus Throw - W60/W70
12:20	T13	200m - W50 - [7]			
12:25	T14	200m - W60 - [7]			
12:35	T15	800m - M35 - [curve]			
12:41	T16	800m - M50/M60 - [curve]			
12:47	T17	800m - W35 - [curve]			
12:53	T18	800m - W50/W60 - [curve]			
13:00		Track Lunch	13:00	F10	Javelin Throw - W35/W50
			13:00	F11	Shot Putt - M35/M50
13:30	T19	400m - M35 - [7 lanes]	13:00	F12	Triple Jump - W50/W60
13:35	T20	400m - M50 - [7]	13:00	F13	Long Jump - M35/M50
13:40	T21	400m - W35 - [7]			
13:45	T22	400m - W50 - [7]	13:15	F14	Discus Throw - M60/M70
13:50	T23	2Km Walk - ALL - [curve]			
			14:00	F15	Hammer Throw - W60/M60
			14:00	F16	High Jump - W35/W50
14:20	T24	100m - M35 - [8 lanes]	14:00	F17	Javelin Throw - M35/M50
14:25	T25	100m - M50 - [8]			
14:30	T26	100m - M60 - [8]			
14:35	T27	100m - W35 - [8]			
14:40	T28	100m - W50 - [8]			
14:45	T29	100m - W60 - [8]			
14:50	T30	3000m - M35/M50 - [curve]	15:00	F18	Discus Throw - M35/M50 [Lg]
			15:00	F19	Triple Jump - W35/M60
15:12	T31	3000m - W35/M60/M70 - [curve]	15:00	F20	Discus Throw - W35/W50 [Sml]
15:35	T32	3000m - W50/W60/W70 - [curve]	15:00	F21	Long Jump - W50/W60/W70
16:00	T33	Relay 400/200/200/400 - M35	15:00	F22	Shot Putt - W60/W70
16:05	T34	Relay 400/200/200/400 - M50			
16:10	T35	Relay 400/200/200/400 - W35			
16:15	T36	Relay 400/200/200/400 - W50	15:40	F23	Shot Putt - M60/M70
16:30			Prizegiving		