

Timetable for EMAC T&F League Final - 19 September 2026
Stantonbury Athletics Stadium, Milton Keynes

Version 21-08-2026						
10:30	T01	400m Hurdles - M35 - 91.4cm	5	10:30	F01	Pole Vault - W35-W60/M35-M60
10:45	T02	400m Hurdles - M50 - 84.0cm	4	10:30	F02	Hammer Throw - M35/M50
11:00	T03	400m Hurdles - W35 - 76.2cm	3	10:30	F03	Shot Putt - W35/W50
11:10	T04	300m hurdles - M60 - 76.2cm	5	11:00	F04	High Jump - M60/W60
11:15	T05	300m Hurdles - W50 - 76.2cm	3			
11:25	T06	300m Hurdles - W60 - 68.6cm	4			
11:35	T07	1500m - M35/M50	14	11:30	F05	Long Jump - W35/M60/M70
11:42	T08	1500m - M60/W35	8+	11:30	F06	Triple Jump - M35/M50
11:50	T08	1500m - W50/W60	7+	11:30	F07	Javelin Throw - W60/M60
12:00	T09	100m - M35	7	11:30	F08	Discus Throw - W35/W50
12:04	T10	100m - M50	8			
12:08	T11	100m - M60	7			
12:12	T12	100m - M70				
12:16	T13	100m - W35	8			
12:20	T14	100m - W50	7			
12:24	T15	100m - W60	7			
12:28	T16	100m - W70		12:30	F09	High Jump - M35/M50
12:35	T17	800m - M35 - short stagger	7	12:30	F10	Discus Throw - M60/M70
12:41	T18	800m - M50/M60 - curve	13	12:30	F11	Javelin Throw - W35/W50
12:47	T19	800m - W35 - short stagger	8	12:30	F12	Shot Putt - M35/M50
12:53	T20	800m - W50/W60 - curve	11			
13:00		Track Lunch				
13:30	T21	400m - M35	7	13:30	F13	Triple Jump - W50/W60
13:34	T22	400m - M50	7	13:30	F14	Long Jump - M35/M50
13:38	T23	400m - M60		13:30	F15	Discus Throw - W60/W70
13:42	T24	400m - W35	8	13:30	F16	Hammer Throw - W35/W50
13:46	T25	400m - W50	7			
13:50	T26	400m - W60				
13:55	T27	2000m Walk - All	23			
14:20	T28	200m - M35	7			
14:25	T29	200m - M50	8			
14:30	T30	200m - M60	8	14:30	F17	Hammer Throw - W60/M60
14:35	T31	200m - W35	8	14:30	F18	High Jump - W35/W50
14:40	T32	200m - W50	7	14:30	F19	Discus Throw - M35/M50
14:45	T33	200m - W60	7	14:30	F20	Shot Putt - M70/W70
14:50	T34	3000m - M35/M50	15			
15:12	T35	3000m - W35/M60/M70	18			
15:35	T36	3000m - W50/W60/W70	13	15:30	F21	Triple Jump - W35/M60
16:00	T37	Relay 400/200/200/400 - M35	6	15:30	F22	Javelin Throw - M35/M50
16:05	T38	Relay 400/200/200/400 - M50	7	15:30	F23	Long Jump - W50/W60/W70
16:10	T39	Relay 400/200/200/400 - W35	8	15:30	F24	Shot Putt - M60/W60
16:15	T40	Relay 400/200/200/400 - W50	3			
16:30				Prizegiving		