

Timetable for MMAC Track Field Championships, 8th June 2014

Track

Time		Event	Entries	Age Group
11_00	T1	100 Hur	1+1+1	M50/M60/M65
11_15	T2	80 Hur	1+1+1	W50/55/60
11_30	T3	100m	2+2+2+1	W60/65/70/75
	T4		2+4+2	W45/50/55
11_40	T5		3+4	W35/40
	T6		1+2+1	M70/75/80
	T7		2+1+3	M55/60/65
	T8		4	M50
	T9		4	M45
	T10		2+3	M35/40
12_15	T11	5000 Walk	1+1+1+2+1	All (5 Ages)
13_30	T12	300 Hur	1+1	M60/65
13_40	T13	300 Hur	2+1+2	W50/55/60
13_45	T14	400 Hur	1+1	M50/W35
14_00	T15	200m	2+1+2+1	W60/65/70/75
14_04	T16		4+2	W50/55
14_10	T17		2+4+2	W35/40/45
	T18		1+3+1+1+1	M60/65/70+75+80
	T19		5+2	M50+55
	T20		5	M45
	T21		1+3	M35+40
14_45	T22	800m	2+4+2+3	M35/45/50/55
14_55	T23		2+2+2+1+2+2	M60/65/70/75/W35/40
15_05	T24		3+1+1+3+2	W45/50/55/60/65
15_15	T25	5000m	4+1+3+2+1+1+1+1	M60/65/70/W35/40/45/60/70
16_00	T26	5000m	4+3+2+1+3	M35/40/45/50/55
16_45	T27	400m	1+2+4	W35/40/45
16_53	T28		2+2+1	W50/60/65
17_01	T29		1+5	M40/45
17_09	T30		3+2	M50/55
17_17	T31		3+1+1	M65/75/80

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17_25	T32	1500m	4+1+1+2+4+2+1+1+1+1	M70/75/W35/40/45/50/55/60/65/70
17_40	T33	1500m	1+5+2+3+3+2	M40/45/50/55/60/65

Note: all events are FINALS

Field

Time		Event	Entries	Age Group
10_00	F1	Hammer Throw	1+1+3+4	M45/50/55/60
10_30	F2	Pole Vault	1+1	M45/70
10_30	F3	Shot Putt	1+2+4+1+1+1+2+3	W35/45/55/65/70/75
11_15	F4	High Jump	1+1+1+1+3+1+1+2	M40/50/55/60/70/W35/50
11_30	F5	Hammer Throw	1+3+1+1	M65/70/75/80
12_00	F6	Shot Putt	1+2+4+4	M40/50/55/60
12_00	F7	Hammer Throw	2+1+1+2+1+1+1	W35/40/45/50/55/65/75
12_15	F8	Triple Jump	1+1+1+1+1+2	M40/50/55/60/70/75
			1+2+1+1	W35/50/60/70
13_30	F9	Long Jump	1+1+1+1+1+1+2	M35/40/50/55/60/70/75
13_30	F10	Shot Putt	1+4+1+1	M65/70/75/80
13_45	F11	Javelin Throw	3+1+1+4+1	M55/60/65/70/75
14_15	F12	Long Jump	1+3+2+2+1+1	W35/50/55/60/65/70
15_00	F13	Javelin Throw	1+1+1+1+2	M70/75/W35/40/50/55/70
16_00	F14	Discus Throw	1+4+5	M45/55/60
17_00	F15	Discus Throw	1+5+1+2+2+1+2+1	M65/70/75/80/W35/40/50/55

Only FOUR attempts will be permitted except High Jump and Pole Vault