Timetable For MMAC T&F Championship 9th June 2019

Track				Field			
		Event	Age Group	Time		Event	Age Group
11.00	T1	**110 Hur**	M35/40				
	T2	**100 Hur**	M50/55/60 / W35	10_00	F1	**Hammer Throw**	M35 - 60
11_15	T3	**80 Hur**	W40/45/50/65	10_30	F2	**Pole Vault**	All
			M70/80				
11_30	T4	**100m**	W70+	10_30	F3	**Shot Putt**	Women
	T5		W60/65				
	T6		W50/55	10_30	F4	**High Jump**	Men
	T7		W45				Women
	T8		W35/40				
11_45	T9		M75+	11_15	F5	**Hammer Throw**	M65+
	T10		M70				
	T11		M65	12_00	F6	**Shot Putt**	M35 - 60
	T12		M60				
	T13		M50/55	12_15	F7	**Hammer Throw**	Women
	T14		M45				
	T15		M40	12_15	F8	**Long Jump**	Women
	T16		M35				
				13_30	F9	**Long Jump**	Men
12_15	T17	**5k Walk**	All Men & Wm				
				13_30	F10	**Shot Putt**	M65+
13_30	T18	**200 Hur**	M80				
	T19	**300 Hur**	M60/65/W55/60	13_30	F11	**Javelin Throw**	Wm & M70+
	T20	**400 Hur**	M35/50/55/W35				
				14_30	F12	**Triple Jump**	Men
14_00	T21	**200m**	W70+				Women
	T22		W60/65				
	T23		W50/55	15_15	F13	**Javelin Throw**	M35-65
	T24		W40/45				
	T25		W35	16_15	F14	**Discus Throw**	M35 - 65
14_15	T26		M75+				
	T27		M65/70	17_00	F15	**Discus Throw**	Wm / M70+
	T28		M60				
	T29		M55				
	T30		M50				
	T31		M45				
	T32		M40				
	T33		M35				
14_45	T34	**800m**	W50+				
	T35		W35-45				
	T36		M70+				
	T37		M60/65				
	T38		M50/55				
	T39		M40/45				
15_20	T40	**5000m**	Wm & M70+				
			M35-65				
16_15	T41	**400m**	W55-70				
	T42		W45/50				
	T43		W35	Only FOUR attempts will be permitted except High Jump and Pole Vault			
16_30	T44		M70+				
	T45		M50-60				
	T46		M35/40	Any assistance accompanying persons could give to support our Officials would be very much appreciated			
17_10	T47	**1500m**	Women & M60+				
17_25	T48		M35 - 55				

Note: all events are **FINALS**