

TIMETABLE

<u>TRACK</u>				<u>FIELD</u>			
11.00				<u>THROWS</u>			
12.00	100 m	Women	Heats	11.00	Shot	M35 to M55	Men
	100 m	Men	Heats	11.00	Hammer	M60 to M75	Men
12.30	3000 m	Women	Final	11.00	Hammer	W35 to W60	Women
1.15	100 m	Women	Final	12.15	Shot	M60 to M75	Men
	100m	Men	Final	12.15	Hammer	M35 to M55	Men
1.45	3000m	Women	Final				
	Walk			1.30	Discus	M35 to M55	Men
	5000m	Men	Final	1.30	Javelin	M60 to M75	Men
	Walk			1.30	Javelin	W35 - 75	Women
2.30	200m	Women	*Heats	1.30	Shot		Women
	200m	Men	*Heats	2.45	Discus	M60 to M75	Men
3.00	800m	Women	Final	2.45	Javelin	M35 to M55	Men
	800m	Men	Final	4.00	Discus		Women
3.30	5000m	Men	Final	<u>JUMPS</u>			
4.00	400m	Women	Final	2.00	High Jump		Men
4.10	400m	Men	Final	2.30	Long Jump		Women
4.30	1500m	Women	Final	3.30	High Jump		Women
	1500m	Men	Final	4.00	Long Jump		Men
5.00	200m	Women	Final	4.00	56lbs for distance		
	200m	Men	Final				
5.20	4 x 100m	Women	Final				
	4 x 100m	Men	Final				
	4 x 400m	Women	Final				
	4 x 400m	Men	Final				

In the event of heats proving un-necessary, finals will be held at **Heat TIMES**.
Please note this timetable is subject to change, if necessary the programme will be brought forward.

WMA Hurdles and Implements Specifications

Women		Race	Hurdle	Number	To1st	Between	To
Hurdles		Distance	Height	Hurdles	Hurdle	Hurdles	Finish
Short	35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	40-49	80m	.762m(30")	8	12m	8.0m	12m
	50-59	80m	.762m(30")	8	12m	7.0m	19m
	60+	80m	.686m(27")	8	12m	7.0m	19m
Indoor	35-39	60m	.840m(33")	5	13m	8.5m	13m
	40-49	60m	.762m(30")	5	12m	8m	16m
	50-59	60m	.762m(30")	5	12m	7m	20m
	60+	60m	.686m(27")	5	12m	7m	20m
Long	35-39	400m	.762m(30")	10	45m	35m	40m
	40-49	400m	.762m(30")	10	45m	35m	40m
	50-59	300m	.762m(30")	7	50m	35m	40m
	60+	300m	.686m(27")	7	50m	35m	40m
Steeplechase	W35+	2000m	Per IAAF Specifications				
		Men					
Short	35-39	110m		10	13.72m	9.14m	14.02m
	40-49	110m	.991m(39")	10	13.72m	9.14m	14.02m
	50-59	100m	.914m(36")	10	13m	8.5m	10.5m
	60-69	100m	.840m(33")	10	16m	8.0m	12m
	70-79	80m	.762m(30")	8	12m	7m	19m
	80+	80m	.686m(27")	8	12m	7m	19m
Indoor	35-39	60m					
	40-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	50-59	60m	.914m(36")	5	13m	8.5m	13m
	60-69	60m	.840m(33")	5	16m	8.0m	12m
	70-79	60m	.752m(30")	5	12m	7m	20m
	80+	60m	.686m(27")	5	12m	7m	20m
Long	35-39	400m	.914m(36")	10	45m	35m	40m
	40-49	400m	.914m(36")	10	45m	35m	40m
	50-59	400m	.840m(33")	10	50m	35m	40m
	60-69	300m	.462m(30")	7	50m	35m	40m
	70+	300m	.686m(27")	7	50m	35m	40m
Steeplechase	35-55	3000m	Per IAAF Specifications				
	60+	200m	Per IAAF Specifications				
Implements		Hammer	Shot	Discus	Javelin	Weight	
Women	35-49	4k	4k	1.0k	660G	9.08k(20#)	
	50-59	3k	3k	1.0k	500G	7.26K(16#)	
	60+	3k	3k	1.0k	400G	5.45k(12#)	
Men	35-39	7.26k(16#)	7.26k(16#)	2.0k	800G	15.88k(35#)	
	40-49	7.26k(16#)	7.26k(16#)	2.0k	800G	15.88k(35#)	
	50-59	6k	6k	1.0k	700G	11.34k(25#)	
	60-69	5k	5k	1.0k	600G	9.08k(20#)	
	70-79	4k	4k	1.0k	500G	7.26k(16#)	
	80+	4k	4k	1.0k	400G	5.45K(12#)	