

**Timetable for MVT&F Cup Final,  
Saturday 31st August 2019, Nottingham**

**Please report at least 15 mins before your event so you can be checked off**  
**No competitor can take part in more than 5 individual events in the final**

Time	Track Events		Time	Field Events		
			10:00	Hammer	M35	.....50 min's
10.20	200 hurd	W40	10.30	Pole Vault	M40 & M50	Start Ht 1.50m
10.30	200 hurd	M35	10.30	S/P	M70+W70	
			10.45	H/J	M35	
10.45	800m	W35	10.50	Hammer	W40	.....40 min's
10.55	800m	W60	11.00	L/J	W35	
11.05	800m	M40				
11.15	800m	M50				
11.25	100m	W35	11.30	Hammer	M50	.....45 Min's
11.35	100m	W50				
11.45	100m	W60	11.45	H/J	W40	
11.55	100m	W70	12.00	L/J	M50	
12.00	100m	M35	12.00	S/P	M40	
12.10	100m	M40	12.15	Hammer	W50	.....45 Min's
12.20	100m	M50				
12.30	100m	M60				
12.35	3000m	W40				
12.50	3000m	W50	13.00	L/J	W50	
			13.00	J/T	W35	.....50 Min's
13.05	3000m	M35	13.00	H/J	W60	
13.20	3000m	M60	13.00	S/P	M60	
13.35	4 x 100	W one W50+				
13.45	4 x 100	M one M50+	13.45	S/P	W35	
			13.50	DT	M40	.....50 Min's
13.55	400m	W40	14.00	T/J	M40	Min. 7m board /mark
14.05	400m	W50	14.00	H/J	M60	
14.15	400m	M35				
14.25	400m	M60	14.30	S/P	W60	
14.35	1500m	W35	14.40	J/T	M50	.....50 Min's
14.50	1500m	W60				
15.00	1500m	M40	15.00	T/J	W40 & W50	Min. 4m board /mark
15.15	1500m	M50				
15.30	200m	W40	15.30	DT	M60	.....50 Min's
15.40	200m	W60	15.30	L/J	M70 & W70	
15.50	200m	M40				
16.00	200m	M70				
16.10	200m	M60	16.20	DT	W60	.....50 Min's
16.20	2k Walk	W35 & W50	16.20	T/J	M60	Min.5m board/mark
16.45	2k Walk	M35 & M50				
17.10	4 X 400	W one W50+	<b>NB Throws and Horizontal jumps 3 trials only</b>			
17.25	4 X 400	M one M50+				

- Notes**
- 1) 4x400m Relay to be run off "Short" 800m staggers
  - 2) If athletes are in two events simultaneously, the Track No. must be correct
  - 3) No Guests in any events!!
  - 4) Times are approximate Listen to announcements for updates earlier/ later
  - 5) Depending on numbers, track events may be amalgamated, be sure to report early
  - 6) 200m Hurdles, 5 flights, 76cm, Marks as 400m Hurdles. Start at 200m mark