Timetable for EMAC T&F League Final

									Team	
10:30	Pole Vault	W35			M35	M50			1: MMKAC	with G Packman & W. Paterson
11:00	Hammer Throw				M35 7.26Kg	M50 6.0Kg		Outfield	2: A.Henley	
11:00	Shot Putt	W35 4.0Kg	W50 3.0Kg						3: Thurrock	
11:00	Long Jump	W35					M60		4: PANVAC	
11:00	Triple Jump				M35	M50			5: Chelmsford	
12:00	Discus Throw	W35 1.0Kg	W50 1.0Kg					Infield	6: Ryston	with R Pownall
12:00	Discus Throw			W60 1.0Kg			M60 1.0Kg	Outfield	7: FVS	
12:00	High Jump				M35	M50			8: Southend	
13:00	Javelin Throw	W35 600g	W50 500g					Infield	2: A.Henley	
13:00	Hammer Throw			W60 3.0Kg			M60 5.0Kg	Outfield	1: MMKAC	
13:00	Shot Putt				M35 7.26Kg	M50 6.0Kg			4: PANVAC	
13:00	Triple Jump		W50	W60					3:Thurrock	
13:00	Long Jump				M35	M50			5: Chelmsford	
14:00	Discus Throw				M35 2.0Kg	M50 1.5Kg		Infield	7: FVS	
14:00	High Jump	W35	W50						6: Ryston	with G Packman
15:00	Triple Jump	W35					M60		2: A.Henley	
15:00	Javelin Throw				M35 800g	M50 700g		Infield	3:Thurrock	
15:00	Hammer Throw	W35 4.0Kg	W50 3.0Kg					Outfield	5: Chelmsford	
15:00	Long Jump		W50	W60					8: Southend	
15:00	Shot Putt			W60 3.0Kg			M60 5.0Kg		1: MMKAC	
16:20		Prizegiving								

Pole Vault Start at 1.20m using drops or lowest requested height above this. then 20cm intervals.
Up to 9 attempts each, 20cm intervals until few remaining, then 10cm
Please consider the women separately, and allow them 10cm intervals when 3 remain.

High Jump Start at 1.00m or lowest requested height above this.
Up to 9 attempts each. 5cm increments men, 3cm women.

Horizontal Jumps 4 attempts each

Throws 4 attempts each

Referee Peter Hall **Tech** Alan Edis

	1xL2	L3, L2, L1	L3	L2	2xL2	L2, 3xL1	L2,L1	1xL2
Team Number	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Lead	R Pownall	Adam Henley	C Drewitt	A Chapman	Paul Tramling	L2 WSuff.	D Mainstone	Sue Brown
	MMKAC	Jane Holding	Thurrock	Ray Church	John Weir	Jeff Reed	W. Paterson	Southend
	MMKAC	Paul Hollick	Thurrock	N. Gibson	David Morris	Helen Reed	FVS	Southend
	MMKAC	Cambridge	Thurrock	PANVAC	Chelmsford	David Lane	FVS	Southend
	MMKAC	Colchester	Thurrock	PANVAC	Chelmsford	Ryston	FVS	Colchester