

Midland Veteran's Track & Field League Cup Final, Sunday 4th September 2011, Worcester.

NO GUESTS ALLOWED IN THE FINALS EVEN IF SPACE ON CARDS

Please advise whether your team will bring either a Track Judge or Timekeeper we tend to lack the former.

**Men & Women teams to bring full field squad of 3 [one qualified] + one track [qualified] .
Separate M only or W only to bring one field official in addition to track official.**

Track Events			Field Events			
10.45	800m	W40	10.15	H/T	M35	
10.55	800m	W60	10.15	H/T	M50	
11.05	800m	M40	10.30	Pole Vault	M35 & M50	1.5m opening ht
11.15	800m	M60	11.00	H/J	M35	
11.25	100m	W35	11.00	L/J	W35	
11.35	100m	W50	11.30	H/T	W40 & W50	
11.45	100m	W60	12.00	H/J	W40	
11.55	100m	M35	12.00	L/J	M50	
12.05	100m	M50	12.00	S/P	M35	
12.15	100m	M60	12.30	J/T	W50	
12.25	3000m	W35	13.00	L/J	W50	
12.40	3000m	W50	13.00	H/J	W60	
12.55	3000m	M35	13.00	S/P	M60	
13.10	3000m	M50	13.15	D/T	M40	
13.30	4 X 100	W one W50+	13.45	S/P	W35	
13.40	4 x 100	M one M50+	14.00	T/J	M60	Min. 6m board
13.50	400m	W40	14.00	T/J	M35	Min. 7m board
14.00	400m	W50	14.15	H/J	M60	
14.10	400m	M35	14.15	S/P	W60	
14.20	400m	M60	14.30	J/T	M35	
14.30	1500m	W35	15.15	L/J	M40	
14.45	1500m	W60	15.30	J/T	M50	
15.00	1500m	M40	16.15	T/J	W40	Min. 5m board
15.15	1500m	M50	16.15	T/J	W50	Min. 5m board
15.30	200m	W40	16.30	D/T	M60	
15.40	200m	W60	16.30	D/T	W60	
15.50	200m	M40				
16.00	200m	M50				
16.10	200m	M60				
16.20	2k Walk	W35 & M35				
16.45	2k Walk	W50 & M50				
17.10	4 X 400	W one W50				
17.25	4 X 400	M one M50				