

# **LSAC v East Midlands**

## **June 7<sup>th</sup> 2017**

### **Provisional Timetable**

**Track races will be added or deleted as required after entries are received. No additions to the programme will be made on the day.**

#### **TRACK EVENTS**

**(Start at 17:00)**

#### **FIELD EVENTS**

**(Start at 16:30)**

				16.30	Javelin	(M & W)
				16.30	High Jump	(M & W)
17.00	U18 400m Hurdles		(W)	17:00	Long Jump	(W)
17.10	400m Hurdles	Match	(W)			
17.20	U18 400m Hurdles		(M)			
17.30	400m Hurdles	Match	(M)			
17.40	800m	Match	(W)			
17.45	800m	Guest	(M)			
17.50	800m	Match	(M)			
18.00	100m	Match	(W)			
18.05	100m	Guest	(M)			
18.10	100m	Match	(M)			
18.20	400m	Match	(W)	18:20	Long Jump	(M)
18.25	400m	Guest B	(M)			
18.30	400m	Guest A	(M)	18.30	Discus	(M & W)
18.35	400m	Match	(M)			
18.45	U18 100m Hurdles		(W)			
18.55	100m Hurdles	Match	(W)			
19.05	U18 110m Hurdles		(M)			
19.15	110m Hurdles	Guest	(M)			
19.20	110m Hurdles	Match	(M)			
19.30	200m	Match	(W)			
19.35	200m	Guest A	(M)			
19.40	200m	Match	(M)			
19.45	1500m	Match	(W)			
19.50	1500m	Match	(M)			
19.55	4 x 100m	Match	(W)			
20.00	4 x 100m	Match	(M)			
20.05	3000m	Match	(M&W)			
20.20	4 x 400m	Match	(W)			
20.25	4 x 400m	Match	(M)			