

SCVAC LEAGUE FINAL – SATURDAY AUGUST 31st 2024
 HORSPATH ATHLETICS TRACK, OXFORD, OX4 2RR

Track timetable

Number of races

| | | | |
|-------|----------|-------------------|---|
| 10.30 | 800 | W35A/W35B/W50 | 3 |
| 10.50 | 800 | M35A/M35B/M50 | 3 |
| 11.10 | 100 | W35A/W35B/W50/W60 | 4 |
| 11.30 | 100 | M35A/M35B/M50/M60 | 4 |
| 11.50 | 2000Walk | W35/W50/W60 | 1 |
| 12.20 | 200 | W35A/W35B/W50 | 3 |
| 12.40 | 200 | M35A/M35B/M50 | 3 |

1.00 Lunch break for track officials

| | | | |
|------|----------|-------------------|---|
| 1.45 | 1500 | W35A/W35B/W50/W60 | 4 |
| 2.15 | 1500 | M35A/M35B/M50/M60 | 4 |
| 2.45 | 400 | W35A/W35B/W50/W60 | 4 |
| 3.05 | 400 | M35A/M35B/M50/M60 | 4 |
| 3.25 | 2000Walk | M35/M50/M60 | 1 |
| 3.55 | 3000 | W35A/W35B/W50/W60 | 2 |
| 4.25 | 4x100 | W35+ | 1 |
| 4.35 | 4x100 | M35+ | 1 |
| 4.45 | 3000 | M35A/M35B/M50/M60 | 2 |
| 5.15 | 4x400 | W35+ | 1 |
| 5.30 | 4x400 | M35+ | 1 |

Field timetable

| | | |
|-------|-------------|---|
| 10.30 | Hammer | M35 followed by M50 (11.00) M60 (11.30) |
| 10.30 | Long Jump | M35 followed by M50 (11.15) |
| 10.30 | Pole Vault | W35/W50/M35/M50 |
| 10.30 | Shot | W35 followed by W50 (11.15) |
| 12.00 | High Jump | W35/W50/W60 |
| 12.00 | Long Jump | W35 followed by W50 (12.45) |
| 12.00 | Shot | M35 followed by M50 (12.45) |
| 12.00 | Hammer | W35 followed by W50 (12.40) W60 (1.20) |
| 1.30 | Shot | W60 followed by M60 (2.15) |
| 1.30 | Triple Jump | M35 followed by M50 (2.15) |
| 1.30 | Javelin | W50 followed by W35 (2.15) |
| 1.30 | Discus | M35 followed by M50 (2.15) M60 (2.50) |
| 2.30 | High Jump | M35/M50/M60 |
| 3.00 | Triple Jump | W35 followed by W50 (3.45) |
| 3.00 | Javelin | W60 followed by M60 (3.45) |
| 3.00 | Discus | W35 followed by W50 (3.45) W60 (3.40) |
| 4.30 | Javelin | M35 followed by M50 (5.15) |
| 4.30 | Long Jump | W60 followed by M60 (5.15) |