

### NEMAA TRACK & FIELD CHAMPIONSHIPS

<b>Time</b>	<b>Race</b>	<b>Field Events (all)</b>
<b>10.00</b>	80m/100m/110m Hurdles	
<b>10.25</b>	3,000m Steeplechase	
<b>10.30</b>		High Jump (All)
<b>10.50</b>	2,000m Walk	
<b>11.00</b>		
<b>11.15</b>	200m/300m/400m Hurdles	
<b>11.30</b>	2,000m Steeplechase	
<b>12.00</b>		
<b>12.15</b>	100m	
<b>12.30</b>	1500m	
<b>13.00</b>		
<b>13.15</b>	400m	
<b>13.30</b>		
<b>13.45</b>	200m	
<b>14.00</b>	OPEN MILES	
<b>14.15</b>	800m	
<b>15.00</b>	3,000m Women & M65+	Weight (All)
<b>15.45</b>	5,000m Men 35 - 64	

**JUNE 22nd 2024 TIMETABLE**

Field Events (Men)	Field Events (Women)
Hammer	
	Javelin
Javelin	Hammer
	Long Jump
Discus	Shot
Long Jump	
Shot	Discus
	Triple Jump
Triple Jump	