

SENIOR INTER-COUNTY MATCH – KINGSMEADOW (hosted by Surrey)

SUNDAY 2nd JULY 2017

TRACK TIMETABLE

| | | |
|-------|--------------------|-------------|
| 11.30 | 3000m Walk* | Men & Women |
| 12.15 | 400m Hurdles | Men |
| 12.30 | 400m Hurdles | Women |
| 12.45 | 100m | Women |
| 12.55 | 100m Men | |
| | 100m (non-scoring) | Men & Women |
| 13.05 | 800m | Women |
| 13.20 | 800m | Men |
| 13.35 | 5000m* | Men |
| 14.05 | 100m Hurdles | Women |
| 14.15 | 3000m* | Women |
| 14.35 | 110m Hurdles | Men |
| 14.55 | 400m | Women |
| 15.05 | 400m | Men |
| 15.15 | 200m | Women |
| 15.25 | 200m | Men |
| 15.40 | 1500m | Women |
| 15.50 | 1500m | Men |
| 16.05 | 3000m S/Chase | Men |
| 16.25 | 4x100m Relay | Women |
| 16.35 | 4x100m Relay | Men |
| 16.45 | 2000m S/Chase | Women |
| 17.05 | 4x400m Relay | Women |
| 17.15 | 4x400m Relay | Men |

FIELD TIMETABLE

| | | |
|-------|-------------|-------|
| 10.00 | Hammer | Men |
| 10.00 | Pole Vault | Women |
| 11.00 | High Jump | Men |
| 11.00 | Long Jump | Men |
| 11.30 | Hammer | Women |
| 12.45 | Long Jump | Women |
| 12.45 | Javelin | Men |
| 13.00 | Pole Vault | Men |
| 14.00 | Discus | Women |
| 14.00 | Triple Jump | Men |
| 14.30 | High Jump | Women |
| 15.15 | Discus | Men |
| 15.30 | Shot | Women |
| 15.45 | Triple Jump | Women |
| 16.30 | Javelin | Women |
| 16.30 | Shot | Men |

Participating Counties

| | |
|---------------|------|
| Essex | E/EE |
| Hampshire | H/HH |
| Hertfordshire | G/GG |
| Kent | K/KK |
| Middlesex | M/MM |
| Oxfordshire | O/OO |
| Surrey | S/SS |
| Sussex | X/XX |

TRACK EVENTS

*Three athletes per county allowed. The third athlete to wear a number. The first two finishers to score.

Up to and including 800m, separate A and B races will be run. 1500m and above will be run as one race. A and B placings will be determined according to race finish positions.

Non scoring 100m races are included.

FIELD EVENTS

Other than High Jump and Pole Vault, athletes will be permitted 3 trials. The 6 athletes with the best performances will be permitted 3 further trials.

The A and B places will be determined according to the best performances.

| | | |
|---------|----------|------------------------|
| Scoring | A String | 16,15,14,13,12,11,10,9 |
| | B String | 8,7,6,5,4,3,2,1 |
| | Relays | 16,15,14,13,12,11,10,9 |