COUNTY 1500m, RELAYS, MASTERS, DISABILITY

MONDAY 6 MAY 2024, AT RIDLINS TRACK, STEVENAGE, SG2 9PB

TRACK SEQUENCE

1100 400m (Masters)

100m (All)

1500m U13/U15

800m (Masters)

3000m Walk

200m (Masters)

1500m U17 and above

4x100m relay

3000m/5000m (Masters)

4x300m relay

4x400m relay

FIELD SEQUENCE

1100 Hammer

Discus

Javelin

High Jump

Long Jump

Shot

Veteran Men Age-Groups – M40, M50, M60, M70+

Veteran Women Age-Groups –W40, W50, W60, W70+

**Notes to athletes:**

Club vests must be worn.

Bring safety pins for numbers.

Arrive 1 hour before your event to collect numbers (and warm up).

Bedfordshire will be joining us for the 1500m championships.

The County reserves the right to alter this order as circumstances dictate.