



### 38<sup>th</sup> Mercantile Annual Athletics Championships 2023 – Events List

MEN NOVICES	MEN CHAMPIONSHIP	MASTER 30+ MEN	MASTER 35+ MEN	MASTER 40+ MEN	MASTER 45+ MEN	MASTER 50+ MEN	MASTER 55+ MEN
100M	100M	100M	100M	100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M	200M
400M	400M	400M	400M	400M	400M	400M	400M
800M	800M	800M	800M	800M	800M	800M	800M
1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M
5000M	5000M	1500M RACE WALK	1500M RACE WALK	1500M RACE WALK	1500M RACE WALK	1500M RACE WALK	1500M RACE WALK
110M HURDLE	110M HURDLE	5000M	5000M	5000M	3000M	3000M	3000M
400M HURDLE	400M HURDLE	110M HURDLE	110M HURDLE	110M HURDLE	110M HURDLE	100M HURDLE	100M HURDLE
LONG JUMP	LONG JUMP	400M HURDLE	400M HURDLE	400M HURDLE	400M HURDLE	400M HURDLE	400M HURDLE
HIGH JUMP	HIGH JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
TRIPLE JUMP	TRIPLE JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
SHOT PUT	SHOT PUT	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP
DISCUS THROW	DISCUS THROW	SHOT PUT	SHOT PUT	SHOT PUT	SHOT PUT	SHOT PUT	SHOT PUT
HAMMER THROW	HAMMER THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW
JAVELIN THROW	JAVELIN THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW
		JAVELIN THROW	JAVELIN THROW	JAVELIN THROW	JAVELIN THROW	JAVELIN THROW	JAVELIN THROW
4 X 400M	4 X 400M	4 X 400M	4 X 400M	<b>(40+ AND 45+ Combined) - 4X400M /4X100M</b>		<b>(50+ AND 55+ Combined) - 4X400M /4X100M</b>	
4 X 100M	4 X 100M	4 X 100M	4 X 100M				

WOMEN NOVICES	WOMEN CHAMPIONSHIP	MASTER 30+ WOMEN	MASTER 35+ WOMEN	MASTER 40+ WOMEN	MASTER 45+ WOMEN	MASTER 50+ WOMEN	MASTER 55+ WOMEN
100M	100M	100M	100M	100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M	200M
400M	400M	400M	400M	400M	400M	400M	400M
800M	800M	800M	800M	800M	800M	800M	800M
1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M
3000M	3000M	3000M	3000M	3000M	3000M	3000M	3000M
100 M HURDLE	100 M HURDLE	800M RACE WALK	800M RACE WALK	800M RACE WALK	800M RACE WALK	800M RACE WALK	800M RACE WALK
400M HURDLE	400M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	LONG JUMP
LONG JUMP	LONG JUMP	400M HURDLE	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	SHOT PUT
HIGH JUMP	HIGH JUMP	LONG JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	DISCUS THROW
TRIPLE JUMP	TRIPLE JUMP	HIGH JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	JAVELIN THROW
SHOT PUT	SHOT PUT	TRIPLE JUMP	SHOT PUT	SHOT PUT	SHOT PUT	SHOT PUT	HAMMER THROW
DISCUS THROW	DISCUS THROW	SHOT PUT	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	

JAVELIN THROW	JAVELIN THROW	DISCUS THROW	JAVELIN THROW	JAVELIN THROW	JAVELIN THROW	JAVELIN THROW	
HAMMER THROW	HAMMER THROW	JAVELIN THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW	HAMMER THROW	
		HAMMER THROW					
4 X 400M	4 X 400M	4 X 400M	4 X 400M	<b>(40+ AND 45+ Combined) - 4X400M /4X100M</b>		<b>(50+ AND 55+ Combined) - 4X400M /4X100M</b>	
4 X 100M	4 X 100M	4 X 100M	4 X 100M				