

Herts & North Middlesex Masters League 2017 (SCVAC) Programme

Teams

1	Barnet & District	6	Watford
2	Dacorum & Tring (MEN only)	7	Stevenage & North Herts
3	Enfield & Haringey	8	London Heathside
4	Herts Phoenix	9	Harrow (MEN only)
5	Ilford (MEN only)	0	St Albans

Track Nos 0-9 (35) , 10-19 (40) , 50-59 (50) , 60-69 (60)

Walking Nos Men 0-9 (35) and 50-59 (50) . Women 10-19 (35) and 60-69 (50)

Match 1 - Monday 8th May at Lee Valley N9 0AR (hosts Enfield & Haringey)

1830	Shot Women 4k,3k	(35,50)	Hammer Men 5k	(60)
1840	2000m Walk Men & Women	(35,50)		
1900	100m Men	(35,40,50,60)	High Jump Women	(35,50)
1915			Hammer Men 7.26k	(35)
1920	100m Women	(35,40,50,60)		
1930			Shot Men 6k	(50)
1945	400m Men	(35,40,50)	Long Jump Men	(35,50)
2000	400m Women	(35,40,50)	Discus Women 1k	(35,60)
2000			Shot Men 7.26k	(35)
2010	1500m Men	(35,40,50,60)		
2030	1500m Women	(35,40,50,60)		
2045	4 x 100m Relay Men			
2055	4 x 100m Relay Women			

High Jump start heights - 80cm then 90cm,1m,1.05m ...

Match 2 - Monday 22nd May at Stevenage SG2 9PA (hosts Stevenage & North Herts)

1830	Javelin 600g,500g	(35,50)	Shot Men 5k	(60)
1840	200m Hurdles Men & Women (35) non-scoring,68cm 2.7k 20m run in then 35m			
1850	800m Men	(35,40,50,60)	Pole Vault Men & Women	(35,50)
1905	800m Women	(35,40,50,60)	Shot Men 7.26k	(40)
1920	200m Men	(35,40,50,60)	Long Jump Women	(35,50)
1930			Hammer Men 6k	(50)
1935	200m Women	(35,40,50,60)		
1955	3000m Men	(35/50)		
2000	Discus Men 1.5k	(50)		
2025	3000m Women	(35/50)		
2045	4 x 400m Relay Men			
2055	4 x 400m Relay Women			

Pole Vault start heights - Men 1.60m,1.80m,2m Women 1.40m,1.60m,1.80m,2m ...

Match 3 - Monday 12th June at Lee Valley N9 OAR (hosts Barnet & District)

1830 Hammer Women 3k	(50)	Triple Jump Men	(35,50)
1840 100m Men	(35,40,50,60)		
1900 100m Women	(35,40,50,60)	Javelin Men 700g	(50)
1910		Discus Men 2k	(35)
1915 5000m Men	(35/50)		
1930 Triple Jump Women	(35/50)	Shot Women 3k	(60)
1940 400m Men	(35,40,50,60)		
1955 400m Women	(35,40,50,60)		
2000 Discus Men 1k	(60)	Javelin Women 500g	(60)
2010 1500m Men	(35/40/50)	Shot Women 4k	(40)
2030 1500m Women	(35/40/50)		
2045 1600m Medley Relay Men			
2050 1600m Medley Relay Women			

Match 4 - Monday 10th July at Hemel Hempstead HP2 4JS (hosts Dacorum & Tring)

1830 Javelin Men 800g	(35)	Long Jump Men	(40,60)
1830 2000m Walk Men & Women	(35,50)	Hammer Women 4k,3k	(35,60)
1855 800m Men	(35,40,50)		
1900 High Jump Men	(35,50)		
1910 800m Women	(35,40,50)		
1925 200m Men	(35,40,50,60)		
1930 Javelin Men 600g	(60)	Discus Women 1k	(50)
1940 200m Women	(35,40,50,60)		
1950 3000m Men	(40/60)	Long Jump Women	(60)
2015 3000m Women	(40/60)		
2040 4 x 200m Relay Men			
2050 4 x 200m Relay Women			

High Jump Men start heights – 1m then 1.10m,1.20m,1.25m ...

Men and Women winners qualify for the SCVAC Finals at Ashford on Sunday 3rd September. 2nd Claim Athletes are allowed but must be registered with the League.

A MAXIMUM of FIVE will be allowed PER TEAM PER FOR THE SEASON. Note men and Women count as separate teams for this Rule.

Non-scoring MASTERS competitors only will be accommodated as required.

Field Events – FOUR trials (except High Jump & Pole Vault).

SCORING for all events and matches : MEN : 10-9-8-7-6-5-4-3-2-1 WOMEN : 7-6-5-4-3-2-1

Only Masters athletes (35 and older) are permitted to compete.

Men 100m,200m,400m – when more than 8 athletes report for a race then points will be decided on times from TWO races. Similarly for the Mens Relays.

/ indicates the age groups will race together concurrently.

Every Club should provide a Track Judge, a Timekeeper and a Field Official for each match.