

MIDLAND VETERANS TRACK & FIELD LEAGUE

2018 PROGRAMME draft V1

NB

Horizontal jumps and all throws will have Three trials!

W70 and M70 Will wear W35 and M35 No's PLUS (Z) in East Division only (eg 29Z OR 79Z)

HJ Min. Ht 80cm: TJ Min. Ladies >3m Markings; 3,5 and 7m: TJ Min. Men>5m markings; 5,7 and 9m

N.B. It is ESSENTIAL that promoting clubs arrange adequate first aid cover preferably PARAMEDIC.

Guests in Field events, until Official competition card reaches 8 And Track Guests are at the track Refs discretion. **(Guest races allowed in sprints if time, or add to 70s race)**

MEETING 1;

TRACK

Time	Event		
1900	-----100m.	-----M60,	----- W60,
1906	-----100m	-----M70	-----W70 M&W may be combined
1912	-----100m	-----M50,	----- W50
1918	-----100m	-----M40,	----- W40
1924	-----100m	-----M35,	----- W35
1935	-----2000m. Walk	-----M40 M60	----- W60, W40
2005	-----400m.	-----M35, M40, M50	
2015	-----400m.		----- W35, W40, W60
2035	-----1500m.	-----M35 M40	
2045	-----1500m.		----- W35, W40
2055	-----1500m.	-----M60	----- W50
2105	-----4x200m.	----- U50 Relay#	----- #(2 Male AND 2 Female runners)
2110	-----4x200m.		----- Over 50 Relay#

FIELD

1900	-----Hammer	-----M50	
1915	-----High Jump		----- W35, W50
1935	-----Hammer	-----M35	
1935	-----Shot	-----M60	----- W70
2000	-----Javelin		----- W50
2005	-----High Jump	-----M35, M50	
2005	-----Long Jump		----- -W60
2020	-----Shot		-----W40+W50
2030	-----Triple Jump	-----M40	
2030	-----Javelin	-----M35	

MEETING 2;

TRACK

1900	-----200m.	-----M60,	----- W60,
1907	-----200m	-----M70+	-----W70 M&W may be combined
1912	-----200m	-----M50,	----- W50
1918	-----200m	-----M40,	----- W40
1924	-----200m	-----M35,	----- W35
1935	-----800m.	-----M35, M40, M50	
1950	-----800m.		----- W35, W40, W50
2005	-----2000m.Walk	-----M35, M50,	----- W35, W50
2025	-----3000m.	-----M35, M40, M60	
2040	-----3000m.		----- W35, W40, W60
2100	-----4x400m.	-----M Relay	
2105	-----4x400m.		----- W Relay

FIELD

1900	-----Javelin	-----M40	
1905	-----Triple Jump	-----M60	----- W35
1915	-----High Jump		----- W40
1930	-----Shot		----- W35
1945	-----Javelin	-----M60	----- W60
1945	-----High Jump	-----M40	
2000	-----Long Jump	-----M50	----- W50
2015	-----Shot	-----M35, M70	
2030	-----Discus	-----M50	-----W40

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MEETING 3;

TRACK

1900	-----100m.	-----M60,	-----W60,
1906	-----100m	-----M70+	-----W70 M&W may be combined
1912	-----100m	-----M50,	-----W50
1918	-----100m	-----M40,	-----W40
1924	-----100m	-----M35,	-----W35
1935	-----2000m. Walk	-----M35, M60	-----W40, W60
2005	-----400m.	-----M35 M40 M60	
2015	-----400m.		-----W35, W40, W50
2035	-----1500m.	-----M35 M40 M50	
2045	-----1500m.		-----W35, W40, W60
2105	-----Medley Relay	-----M Relay	
2110	-----Medley Relay		-----W Relay

FIELD

1900	-----Pole Vault	-----M35, M50	(opening height 1.5M)
1900	-----Hammer		-----W35, W50
1915	-----High Jump	-----M60	-----W60
1915	-----Long Jump		-----W40
1945	-----Discus	-----M40	
1945	-----Triple Jump	-----M50	-----W50
2015	-----Shot	-----M50	
2030	-----Long Jump	-----M40, M70	
2030	-----Discus	-----M60	-----W35

MEETING 4

TRACK

1900	-----200m.	-----M60,	-----W60,
1907	-----200m	-----M70+	-----W70 M&W may be combined
1912	-----200m	-----M50,	-----W50
1918	-----200m	-----M40,	-----W40
1924	-----200m	-----M35,	-----W35
1935	-----800m.	-----M35 M40 M60	
1950	-----800m.		-----W35, W40, W60
2005	-----2000m. Walk	-----M40, M50,	-----W35, W50
2025	-----3000m.	-----M35, M40, M50	
2045	-----3000m.		-----W35, W40, W50
2105	-----4x100m.	-----M Relay	
2110	-----4x100m.		-----W Relay

FIELD

1900	-----Pole Vault	-----M40, M60	(opening height 1.5M)
1900	-----Discus		-----W50
1900	-----Long Jump		-----W35
1915	-----Shot		-----W60
1930	-----Hammer	-----M60	
1930	-----Triple Jump	-----M35	
2000	-----Javelin	-----M50	
2005	-----Long Jump	-----M60	W70
2030	-----Shot	-----M40	
2030	-----Triple Jump		-----W40 W60
2035	-----Javelin		-----W40

NOTES REGARDING RULES

Relays

Medley relay to be run in the order 200,200,400,800. Start on line for 400m staggers, in lanes.

1st change in lanes at changes marked for boxes 2 in 4x100, 2nd change as used for 4x400 in lanes, and the 400m runners to break straight away on the curved blue line just after the finish line. **(NB No acceleration zones!)**

4x200m. Relay. Start on line for 400m stagger in lanes. **1st change** in lanes at changes marked for boxes 2 in 4x100, **2nd change** as used for 4x400, and the runners to break straight away after the curved blue line at the finish **(NB No acceleration zones!)** **The final change over box** will be to the box at 200m. In lane 1

4x400m. Relay. First 100m. To be run in lanes.