

**MIDLAND VETERANS TRACK & FIELD LEAGUE  
2019 PROGRAMME V2 (NOT SOUTH)**

**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 <b>M&amp;W may be combined</b>
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	-----1 mile	-----M35 M40	
2045	-----1 mile.		----- W35, W40
2055	-----1 mile.	-----M60	----- W50
2105	-----4x200m.	-----M Relay	
2110	-----4x200m.		----- W Relay

**FIELD**

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

**MEETING 2;**

**TRACK**

1900	-----200m.	-----M60,	----- W60,
1907	-----200m	-----M70+	-----W70 <b>M&amp;W may be combined</b>
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.	-----O35 Relay#	----- <b> #(2 Male AND 2 Female runners)</b>
2110	-----4x400m.	-----Over 50 Relay#	----- <b> #(2 Male AND 2 Female runners)</b>

**FIELD**

1900	-----Javelin	-----M40	
1905	-----Triple Jump	-----M60	----- W35
1915	-----High Jump		----- W40
1930	-----Shot		----- W35
1945	-----Javelin	-----M60	----- W60
1945	-----High Jump	-----M35	
2000	-----Long Jump	-----M50	----- W50
2015	-----Shot	-----M35, <b>M70</b>	
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	-----W35 scoring	(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	-----M35, 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)	(W35 non scoring)
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	-----M35		
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.

1<sup>st</sup> change in lanes at changes marked for boxes 2 in 4x100, 2<sup>nd</sup> 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. 1<sup>st</sup> change in lanes at changes marked for boxes 2 in 4x100, 2<sup>nd</sup> 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.