

**MIDLAND VETERANS TRACK & FIELD LEAGUE
2018 PROGRAMME draft V2**

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.	O35Relay#	 #(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.