

# MIDLAND VETERANS TRACK & FIELD LEAGUE

## 2024 PROGRAMME

### **NB**

Horizontal jumps and all throws will have Three trials!

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

Pole Vault (opening height 1.5M)

Note all clubs now using same numbering NEW FOR EAST see other sheet

**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	M	W
1900	100m.	M70,	W70 M&W may be combined
1906	100m	M60	W60
1912	100m	M50,	W50
1918	100m	M40,	W40
1924	100m	M35,	W35
1935	2000m. Walk	M35, M60	W35, W60
2005	400m.	M35, M40, M60	
2015	400m.		W35, W40, W50
2035	1 mile	M35 M40	
2045	1 mile.		W35, W40
2055	1 mile.	M50	W60
2105	4x200m.	M Relay	
2110	4x200m.	W Relay	

#### **FIELD**

1900	Discus	M35	W35
1900	Shot	M60	W60
1915	High Jump	M60	W60
1945	Javelin	M50	W50
1930	Long Jump	M50	W50
2030	Javelin	M70	W70
2015	Long Jump	M35	W35

### **MEETING 2:**

#### **TRACK**

1900	200m.	M70,	W70 M&W may be combined
1907	200m	M60	W60
1912	200m	M50,	W50
1918	200m	M40,	W40
1924	200m	M35,	W35
1935	800m.	M50, M40, M35	
1950	800m.		W50, W40, W35
2005	1 Mile.Walk	M35, M50,	W35, W50
2025	3000m.	M35, M40, M60	
2040	3000m.		W35, W40, W60
2100	4x400m.	Men	
2110	4x400m.	Women	

#### **FIELD**

1900	Hammer	M35	W35
1915	Long Jump	M60	W60
1945	Hammer	M60	W60
1940	High Jump	M35	W35
2020	Triple Jump	M50	W50
2030	Discus	M50	W50
2015	Shot	M35	W35

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## **MEETING 3:**

### **TRACK**

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

### **FIELD**

1900 -----	Pole Vault	M60	W35
1900 -----	Hammer	M50.	W50
1915 -----	Triple Jump	M35	W35
1940 -----	Javelin	M35	W35
2020 -----	Long Jump	M70	W70
2030 -----	Discus	M60	W60
2030 -----	Shot	M50	W50

## **MEETING 4**

### **TRACK**

1900 -----	200m.	M70,	W70	<b>M&amp;W may be combined</b>
1907 -----	200m	M60	W60	
1912 -----	200m	M50,	W50	
1918 -----	200m	M40,	W40	
1924 -----	200m	M35,	W35	
1935 -----	800m.	M60 M40 M35		
1950 -----	800m.		W60, W40, W35	
2005 -----	1 Mile Walk	M35, M60,	W35, W60	
2025 -----	3000m.	M35, M40, M50		
2045 -----	3000m.		W35, W40, W50	
2105 -----	4x100m.	O35 Relay#	#(2 Male AND 2 Female runners)	
2110 -----	4x100m.	O50 Relay#	#(2 Male AND 2 Female runners)	

### **FIELD**

1900-----	Pole Vault	M35	W60
1900 -----	Hammer	M35.	W35
1915 -----	Triple Jump	M60	W60
1945 -----	Javelin	M60.	W60
1945 -----	shot	M70-	W70
2030 -----	shot	M35	W35
2030 -----	high Jump	M50	W50

## **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, **Break after 300m at 100m line**. 2<sup>nd</sup> change as used for 4x400) 2<sup>nd</sup> change as used for 4x400 leader takes inside lane, Final change as 4x400m relay.

**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, **Break after 300m at 100m line**. 2<sup>nd</sup> change as used for 4x400 **leader takes inside lane** The final change over box will be to the box at 200m as for lane 1

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