MIDLAND VETERANS TRACK & FIELD LEAGUE

2026 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 see other sheet

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

Guests can ONLY take part in one Field events in a match. (Guest races allowed in sprints if time, or add to 70s race)

MEETING 1;

TRACK

Time	Event		
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, M50	W35, W50
2005	400m.	M35, M40, M60	
2015	400m.		W35, W40, W50
2035	1500m	M35 M40	
2045	1500m.		W35, W40
2055	1500m.	M50	W60
2105	4x200m.	**Men**	
2110	4x200m.	**Women**	

FIELD

1900	Discus	M35	W35
1900	Shot	M60	W60
1915	High Jump	M60	W60
1930	Long Jump	M50	-W50
1945	Javelin	M70	W70
2015	Javelin	M50	-W50
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.	**O35 Relay#**	**#(2 Male AND 2 Female runners)**
2110	4x400m.	**O50 Relay#**	**#(2 Male AND 2 Female runners**

FIELD

1900	Hammer	M35	W35
1915	Triple Jump	M50	W50
1945	Hammer	M60	W60
1945	High Jump	M35	W35
2015	Shot	M35	W35
2020	Long Jump	M70--	W70
2030	Discus	M50	W50

MEETING 3;

TRACK

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, M50 ---------- W35, W50
2005 ----------400m. ----------M35 M40 M50
2015 ----------400m. ---------- ---------- W35, W40, W60
2035 ----------Mile. ----------M35 M40 M60
2045 ----------Mile. ---------- ---------- W35, W40, W50
2105 ----------Medley Relay ----------M Relay
2110 ----------Medley Relay ---------- ---------- W Relay

FIELD

1900 ----------Triple Jump ----------M35---------- W35
1900 ----------Hammer ----------M50……..W50
1915 ----------Shot ----------M70---------- W70
1945 ----------Javelin ----------M60---------- W60
20*15* ----------Long Jump----------M60……..W60
2030 ----------Javelin ----------M35---------- W35
2030 ----------Shot ----------M50----------W50

MEETING 4

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. ----------M60 M40 M35
1950 ----------800m. ---------- ---------- W60, W40, W35
2005 ----------1 Mile Walk---------- M35, M50, ---------- W35, W50
2025 ----------3000m.----------M35, M40, M50
2045 ----------3000m.---------- ---------- W35, W40, W50
2105 ----------4x100m. ----------**M**
2110 ----------4x100m. ----------**W**

FIELD

1900----------Pole Vault----------M35 ---------- W35
1900 ----------Javelin ----------M35……W35
1915 ----------Triple Jump ----------M60---------- W60
1945 ----------Javelin ----------M70……W70
1945 ----------Shot ---------- M35----------W35
2030 ----------Shot ----------M60----------W60
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.
1st change in lanes at changes marked for boxes 2 in 4x100, **Break after 300m at 100m line**. **2nd change** as used for 4x400*)* 2nd change as used for 4x400 leader takes inside lane, Final change as 4x400m relay.
4x200m. Relay. Start on line for 400m stagger in lanes. **1st change** in lanes at changes marked for boxes 2 in 4x100, **Break after 300m at 100m line**. **2nd 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.