

British Masters Open South of England Masters Outdoor Championships

[It is deemed that you are a South of England Masters Athlete by being a FULLY PAID UP MEMBER of EMAC, SCVAC, SWVAC, VAC OR of a UKA Club within the SEAA Area [Open]. Other Masters Area Clubs athletes or unaffiliated athletes entries will only be accepted as Guest athletes, irrespective of where you live or were born.]

Lee Valley Athletics Centre, London N9 0AS - Sunday 16th June 2019
(Under UKA/IAAF/WMA Rules)

PROVISIONAL TIMETABLE

[Based on Entries for the Event in 2018]

There are **MEDALS** for the South of England Championships and there are **NO** Standards.

SoE MASTERS CHAMPIONSHIP			10.00 to 18.45 Hours
1000	Javelin	Women	[11]
1000	Long Jump	Men M60+	[12]
1000	Hammer	Men M55>35	[7]
1000	1500m	Women and Men	4 Races
1055	Short Hurdles	Women and Men	5 Races
1055	Hammer	Men M60+	[12]
1115	Shot	Men M55>35	[15]
1140	Pole Vault	Women and Men	[11]
1145	100m	Women and Men	10 Races
1220	Discus	Men M55>35	[15]
1245	400m	Women and Men	6 Races
1245	Shot	Men M60+	[11]
1330	Long Jump	Women	[10]
1340	Hammer	Women	[11]
1405	Javelin	Men M55>35	[9]
1415	Steeplechase	Women and Men	2 Races
1440	Long Jump	Men M55>35	[13]
1445	200m	Women and Men	9 Races
1455	Discus	Men M60+	[13]
1510	Shot	Women	[11]
1530	High Jump	Women and Men	[8+7]
1540	Long Hurdles	Women and Men	4 Races
1600	Triple Jump	Men M55>35	[9]
1605	Discus	Women	[8]
1620	800m	Women and Men	5 Races
1630	Javelin	Men M60+	[12]
1700	Weight	Men M55>35	[8]
1715	Triple Jump	Women and Men M60+	[10]
1750	Weight	Women and Men M60+	[7+7]

All Track events will start with the slower athletes first to close with the fastest athletes with mixed genders based seeding times. Results will be established from the aggregation of heats for each age group.

Due to the expected high numbers of declarations and our restricted times, we are going to be very strict with warm up for the Field events. The Throwers will be restricted to 2 Warm Up Throws and the Jumpers to the minimum of trials to establish their run up. Each age group has been allotted a time period for their event, which should allow you six trials each, but each group will be limited to that time. It is up to each group to keep to those timings, as if you fall behind then your number of trials will be reduced. It is up to you to work with the Officials for you to achieve the max. possible number of trials.