

British Masters Open South of England Masters / VAC Indoor 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.]

Millennium Arena, Battersea Park, London SW11 4NJ - Sunday 24th June 2018
(Under UKA/IAAF/WMA Rules)

PROVISIONAL TIMETABLE

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

SoE MASTERS/VAC 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
1045	Short Hurdles	Women and Men	5 Races
1055	Hammer	Men M60+	[12]
1115	Shot	Men M55>35	[15]
1130	100m	Women and Men	10 Races
1140	Pole Vault	Women and Men	[11]
1220	Discus	Men M55>35	[15]
1230	400m	Women and Men	6 Races
1245	Shot	Men M60+	[11]
1330	Long Jump	Women	[10]
1340	Hammer	Women	[11]
1400	Steeplechase	Women and Men	2 Races
1405	Javelin	Men M55>35	[9]
1430	200m	Women and Men	9 Races
1440	Long Jump	Men M55>35	[13]
1455	Discus	Men M60+	[13]
1510	Shot	Women	[11]
1525	Long Hurdles	Women and Men	4 Races
1530	High Jump	Women and Men	[8+7]
1600	Triple Jump	Women and Men M60+	[10]
1605	800m	Women and Men	5 Races
1605	Discus	Women	[8]
1630	Javelin	Men M60+	[12]
1700	Weight	Men M55>35	[8]
1715	Triple Jump	Men M55>35	[9]
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.