

British Masters Open Pentathlon / Open South of England Masters / EMAC + VAC Indoor Championships and Open Events Meeting.

[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, Edmonton, Middlesex - Sunday 17th February 2019
(Under UKA/IAAF/WMA Rules)

PROVISIONAL TIMETABLE [BASED ON 2018 ENTRIES]

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

PENTATHLON/SoE MASTERS/EVAC + VAC CHAMPS/OPEN EVENTS 10.00 to 18.45 Hours			
TRACK RACES: Womens Heats first, slowest heats first, but not mixed.			2018 ENTRY
1000	Long Jump	Women	[11]
1000	Shot	Men M60+	[11]
1000	60m Sprint	Women W55+ and Men M55+	9 Races
1045	60m Sprint	Women W50 and below / Men M50 and below	9 Races
1030	Pole Vault	Women and Men	[17]
1100	Shot	Men M55 M50 M45 M40 M35	[13]
1115	Long Jump	Men M55+	[17]
1145	60m Hurdles	Women and Men M60+ [incl. Pentathlon]	6 Races
1210	Shot	Women	[18]
1225	60m Hurdles	Men M55 and below [incl. Pentathlon]	8 Races
1300	Long Jump	[Pentathlon] Men M55+	[17]
1355	Long Jump	[Pentathlon] Men M50 M45	[11]
1415	Shot	[Pentathlon] Men M55+	[17]
1400	High Jump	Women [incl. Pentathlon] [2 Beds]	[10+5]
1345	200m	Women and Men	20 Races
1440	Long Jump	[Pentathlon] Men M40 M35 SEN	[17]
1500	Shot	[Pentathlon] Men M50 M45	[11]
1530	800m	Women and Men	8 Races
1540	Long Jump	Men M50 M45 M40 M35	[15]
1510	High Jump	Men [incl. Pentathlon] M55+ [2 Beds]	[17+7]
1550	Shot	[Pentathlon] Men M40 M35 SEN	[17]
1635	400m	Women and Men	12 Races
1605	Triple Jump [Inner]	Women and Men M60+	[13]
1635	Shot	[Pentathlon] Women	[10]
1645	High Jump	Men [incl. Pent.] M50 – M35 SEN [2 Beds]	[28+3]
1740	1500m	Women and Men	3 Races
1710	Long Jump	[Pentathlon] Women	[10]
1730	Triple Jump [Inner]	Men M55 M50 M45 M40 M35	[15]
1810	3000m	Women and Men	2 Races
From 1735	800 / 1000	[Pentathlon] Women and Men	4 Races

All Track events will start with the older athletes first on and alternating the Women and Men's age groups.

Track Events in the Pentathlon CANNOT be included in other Championships, athletes will have to compete in two races for those events.

Due to the expected reasonably high numbers of declarations and our restricted times, we are going to be very strict with warm up for the Field events. The Shot Putters will be restricted to 2 Warm Up Throws and the Jumpers to the minimum of trials to establish their run up.

The timetable for the later events in the Pentathlon is only indicative; we will endeavour to bring events forward where possible, but ONLY with the full agreement of all athletes in the Pool being brought forward.