

# British Masters Open Pentathlon / Open South of England Masters / EVAC + 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 EVAC, 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 25th February 2018  
(Under UKA/IAAF/WMA Rules)

## PROVISIONAL TIMETABLE [BASED ON 2017 ENTRIES]

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

<b>PENTATHLON/SoE MASTERS/EVAC + VAC CHAMPS/OPEN EVENTS 10.00 to 18.30 Hours</b>			
<b>TRACK RACES: Womens Heats first, but Hurdles mixed.</b>			<b>No. Races [Entries]</b>
1000	Long Jump	Women	[9]
1000	Shot	Men M60+	[8]
1000	60m Sprint	Women W55+ and Men M55+	6 Races
1030	60m Sprint	Women W50 and below / Men M50 and below	7 Races
1030	Pole Vault	Women and Men	[18]
1050	Shot	Men M55 M50 M45 M40 M35	[12]
1100	Long Jump	Men M55+	[13]
1120	60m Hurdles	Women and Men M60+ [incl. Pentathlon]	5 Races
1155	Shot	Women	[17]
1200	60m Hurdles	Men M55 and below [incl. Pentathlon]	7 Races
1215	Long Jump	[Pentathlon] Men M55+	[13]
1305	Long Jump	[Pentathlon] Men M50 M45	[16]
1330	Shot	[Pentathlon] Men M55+	[13]
1315	High Jump	Women [incl. Pentathlon] [2 Beds]	[18+5]
1330	200m	Women and Men	13 Races
1400	Long Jump	[Pentathlon] Men M40 M35 SEN	[14]
1420	Shot	[Pentathlon] Men M50 M45	[16]
1445	800m	Women and Men	6 Races
1450	Long Jump	Men M50 M45 M40 M35	[11]
1500	High Jump	Men [incl. Pentathlon] M55+ [2 Beds]	[13+5]
1515	Shot	[Pentathlon] Men M40 M35 SEN	[14]
1600	400m	Women and Men	10 Races
1600	Triple Jump	Women and Men M60+	[12]
1605	Shot	[Pentathlon] Women	[18]
1630	High Jump	Men [incl. Pent.] M50 – M35 SEN [2 Beds]	[30+3]
1700	1500m	Women and Men	4 Races
1710	Long Jump	[Pentathlon] Women	[18]
1755	Triple Jump	Men M55 M50 M45 M40 M35	[11]
1740	3000m	Women and Men	2 Races
1815	800 / 1000	[Pentathlon] Women and Men	6 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.