

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)

FINAL TIMETABLE

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

PENTATHLON/SoE MASTERS/EMAC + VAC CHAMPS/OPEN EVENTS 10.00 to 19.10 Hours				
TRACK RACES: Womens Heats first, slowest heats first, but not mixed.				Comps.
F1	1000	Long Jump	Women	[12]
F2	1000	Shot	Men M60+	[10]
T1	1000	60m Sprint	Women W55+ and Men M55+	8 Races
F3	1030	Pole Vault	Women and Men [Heights below 3.00m]	[10]
T2	1040	60m Sprint	Women W50 and below / Men M50 and below	9 Races
F4	1050	Shot	Men M55 M50 M45 M40 M35	[11]
F5	1115	Long Jump	Men M55+	[13]
T3	1140	60m Hurdles	Women W40+ and Men M60+ SEN [incl. Pent.]	5 Races
F6	1150	Shot	Women	[16]
T4	1220	60m Hurdles	Women W35/Men M55 down [incl. Pentathlon]	9 Races
F7	1230	Pole Vault	Women and Men [Heights 3.00m and above]	[9]
F8	1230	Long Jump	[Pentathlon] Men M55+	[13]
F9	1305	Shot	[Pentathlon] Men M55+	[13]
F10	1315	Long Jump	[Pentathlon] Men M50 M45	[13]
F11	1340	Shot	[Pentathlon] Men M50 M45	[13]
F12/13	1350	High Jump	Women [incl. Pentathlon] [2 Beds]	[15+7]
F14	1355	Long Jump	[Pentathlon] Men M40 M35 SEN	[7]
T5	1400	200m	Women and Men	18 Races
F15	1415	Shot	[Pentathlon] Men M40 M35 SEN	[7]
F16	1425	Long Jump	Men M50 M45	[11]
F17	1445	Shot	[Pentathlon] Women	[15]
F18/19	1515	High Jump	Men [incl. Pentathlon] M55+ [2 Beds]	[13+10]
F20	1530	Long Jump	Men M40 M35	[8]
T6	1535	800m	Women and Men	8 Races
F21	1545	Triple Jump [Inn]	Women and Men M55+	[7+9]
F22	1625	Long Jump	[Pentathlon] Women	[15]
T7	1640	400m	Women and Men	9 Races
F23/24	1640	High Jump	Men [incl. Pent.] M50 M45 [2 Beds]	[13+6]
T8	1725	1500m	Women and Men	4 Races
F25	1730	Triple Jump [Inn]	Men M50 M45 M40 M35	[16]
F26	1735	High Jump	Men [incl. Pent.] M40 M35 SEN	[7+1]
T9	1820	3000m	Women and Men	2 Races
T10	From 1810	800 / 1000	[Pentathlon] Women and Men	4 Races

All Track events will start with the older athletes first for the Women and then the Men's age groups, apart from the Hurdles and possibly the 3000m.

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.