

Eastern Masters AC/Veterans AC Indoor Track and Field Championships 2023

Sunday, 26 March 2023

Lee Valley Athletics Centre, Edmonton E9 0AR

FINAL TIMETABLE

**Times and events may change depending on dropouts on the day
Registration Desk near café**

- *Please register at the registration desk at least 1 hour before your event.
- *Call room for Track events 20 minutes before event
- *No call room for field events; meet at field event 15 minutes before event
- *Athletes in the pole vault can arrive 45 minutes before event to set up and high jump 30 minutes for run up.
- *Events are in 5 year age groups and medals given for gold, silver, bronze; No event standards.
- *6 throws/jumps (except PV and HJ as normal UKA rules)
- *LEE VALLEY HAS CHRISTMAS TREE SPIKES RULE (or file down normal spikes so they are flat)
- *We will use World Masters Athletics rules on shoes. Rule 5.13.3 Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Eastern Masters AC/Veterans AC Indoor Track & Field Championships 2023, 10.30 to 18.00 Hours

TRACK RACES: Women's Heats first

F1	1030	Shot Put	Men M60+	(10 competitors)
F2	1030	Long Jump	Men M35-M55	(14 competitors)
T1	1030	60m Hurdles	Women then Men	(11 competitors)
F3	1045	Pole Vault	M&W Vaulters with PBs under 2.60m	(8 competitors)
T2	1100	3000m	Women and Men M60+	(11 competitors)
T3	1125	3000m	Men M35-M55	(10 competitors)
T4	1150	2000m Walk	Women and Men	(13 competitors)
F4	1200	High Jump	Women and Men M70+	(8 competitors)
T5	1215	400m	Women then Men	(8 Women, 28 men)
F5	1230	Shot Put	Men M35-M55	(9 competitors)
Track	1250	Break for Track	Officials	
F6	1300	Pole Vault	M&W Vaulters with PBs over 2.60m	(8 competitors)
F7	1330	High Jump	Men M35-M65	(7 competitors)
T6	1330	1500m	Women and M70+, then M35-65	(22 competitors)
F8	1345	Shot Put	Women (all)	(9 competitors)
F9	1415	Long Jump	Men M60+	(11 competitors)
T7	1430	60m Sprint	Women then Men	(11 Women, 56 Men)
T8	1515	800m	Women then Men	(8 Women, 15 Men)
F10	1525	Long Jump	Women (all)	(9 competitors)
T9	1545	200m	Women then Men	(11 Women, 49 Men)
F11	1625	Triple Jump	Men (all)	(13 competitors)