

Eastern Masters AC/Veterans AC Indoor Track and Field Championships 2024
Sunday, 11 February
Lee Valley Athletics Centre, Edmonton E9 0AR

PROVISIONAL 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).**

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TRACK RACES: Women's Heats first

F1	1030	Shot Put	Men M60+
F2	1030	Long Jump	Men M35-M55
T1	1030	60m Hurdles	Women then Men
F3	1045	Pole Vault	M&W Vaulters with PBs under 2.60m
T2	1100	3000m	Women and Men M60+
T3	1125	3000m	Men M35-M55
T4	1150	2000m Walk	Women and Men
F4	1200	High Jump	Women and Men M70+
T5	1215	400m	Women then Men
F5	1230	Shot Put	Men M35-M55
Track	1250	Break for Track	Officials
F6	1300	Pole Vault	M&W Vaulters with PBs over 2.60m
F7	1330	High Jump	Men M35-M65
T6	1330	1500m	Women and Men M70+
T7	1345	1500m	Men M35-M65
F8	1345	Shot Put	Women (all)
F9	1415	Long Jump	Men M60+
T8	1430	60m Sprint	Women then Men
T9	1515	800m	Women then Men
F10	1525	Long Jump	Women (all)
T10	1545	200m	Women then Men
F11	1625	Triple Jump	Men (all)