

Veterans AC / Eastern Masters AC Indoor Track and Field Championships 2025
Sunday, 9 February
Lee Valley Athletics Centre, Edmonton E9 0AR

PROVISIONAL TIMETABLE (as of 02/02/2025)

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; HJ 5cm increments (3cm for W50+ and M60+ if requested), PV 10cm increments.**
- *LEE VALLEY HAS CHRISTMAS TREE SPIKES RULE: Omnilite Ceramic Pyramid or Christmas Tree 5 or 7 mm; Steel Christmas Tree 6mm or Steel RT Compression 6mm**
- *World Masters shoe rules will apply, so carbon-plate non-spikes shoes can be used in the middle-distance events as well as the spiked shoes**

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Code	Time	Event	Description	# Competitors
F01	1030	Shot Put	Men M60+	
F02	1030	Long Jump	Men M35-M50	
T01	1030	60m Hurdles	Men (5 races) then Women	
F03	1045	Pole Vault	Women and Men (ALL)	
F04	1115	High Jump	Women (All), Men M65+	
T02A	1115	3000m	Women (all)	
T02B	1130	3000m	Men M55+	
T02C	1150	3000m	Men M35-M50	
F05	1215	Shot Put	Men M35-M55	
T03	1220	400m	Women and Men (ALL)	
F06	1300	Long Jump	Women W35-W55	
F07	1300	High Jump	Men M35-M60	
T04	1300	1500m	Women and Men (ALL)	
Track	1345	Break	Track Officials	
F08	1400	Shot Put	Women W35-W45	
T05	14:15	2000m walk	Women and Men (ALL)	
F09	1430	Long Jump	Women W60+, Men M55+	
T06	1430	60m Sprint	Women and Men (ALL)	
T07	1515	800m	Women and Men (ALL)	
F10	1515	Shot Put	Women W50+	
T08	1600	200m	Women and Men (ALL)	
F11	1625	Triple Jump	MW >10m PBs	
F12	1625	Triple Jump	MW <10m PBs	