

EMAC

Eastern Masters Track & Field League 2016

Divisional make up:

NW – Hunts AC, Peterborough AC, Nene Valley Harr, Corby AC, Wellingborough & Dist AC, Stamford Striders (new).

SW - Milton Keynes, Bedford & Co, Luton AC, Biggleswade, Bedford Harr, Fairlands VS.

SE - Southend AC, Chelmsford AC, Loughton AC, Thurrock Harr, Fleets St Rnrs, Col & Tendring/Ipswich Harr.

NE - Ryston Runners AC, Cambridge & Col AC, West Norfolk AC, WSAC/St Eds Pacers/Waveney.

Note: *The NE division is smaller because we cannot get new teams to join in this area, despite there being many clubs. We will continue to canvass for teams to join us right up to the start of the season.*

Please remember your athletes **MUST** be paid up EMAC members **PRIOR** to any match taking place.

Dates and Venues:

Match	Date	Day	Teams/Div	Venue
NE Division - Match 1	04/05/2016	Wed	4	King's Lynn
NE Division - Match 2	01/06/2016	Wed	4	Cambridge
NE Division - Match 3	06/07/2016	Wed	4	King's Lynn
NE Division - Match 4	03/08/2016	Wed	4	Cambridge
NW Division - Match 1	04/05/2016	Wed	6	St Ives
NW Division - Match 2	18/05/2016	Wed	6	Peterborough
NW Division - Match 3	10/08/2016	Wed	6	Corby
NW Division - Match 4	Blank	Wed	6	Blank
SE Division - Match 1	04/05/2016	Wed	6	Thurrock
SE Division - Match 2	01/06/2016	Wed	6	Chelmsford
SE Division - Match 3	06/07/2016	Wed	6	Southend
SE Division - Match 4	27/07/2016	Wed	6	Enfield
SW Division - Match 1	04/05/2016	Wed	6	Sandy
SW Division - Match 2	01/06/2016	Wed	6	Bedford
SW Division - Match 3	06/07/2016	Wed	6	Milton Keynes
SW Division - Match 4	03/08/2016	Wed	6	Stevenage
Final	11/09/2015	Sun	8	Bedford

	Match 1	W35	M35	W50	M50	W60	M60
19:00	1000m Walk (A/B string any age)	Two of any age					
19:00	PV (V35/V50)	W35	M35	W50	M50		
19:00	SP (M35/M50/M60)		M35		M50		M60
19:20	100m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
19:30	SP (W35/W50/W60)	W35		W50		W60	
19:45	3000m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
19:45	LJ (W35/W50/W60)	W35		W50		W60	
20:00	HT (M35/M50/M60)		M35		M50		M60
20:25	400m (V35/V50)	W35	M35	W50	M50		
20:25	LJ (M35/M50/M60)		M35		M50		M60
20:30	HT (W35/W50)	W35		W50			
20:45	4x100m (V35/V50)	W35	M35	W50	M50		
	Match 2						
19:00	1500m Walk (A/B string any age)	Two of any age					
19:00	HJ (M35/M50/M60)		M35		M50		M60
19:00	DT (M35/M50/M60)		M35		M50		M60
19:20	Sprint Hurdles (V35/V50)	W35	M35	W50	M50		
19:30	HJ (W35/W50/W60)	W35		W50		W60	
19:30	DT (W35/W50)	W35		W50			
19:45	1500m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
19:45	TJ (M35/M50)		M35		M50		
20:00	JT (M35/M50/M60)		M35		M50		M60
20:15	200m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
20:25	TJ (W35/W50)	W35		W50			
20:30	JT (W35/W50/W60)	W35		W50		W60	
20:45	4x200m (V35/V50)	W35	M35	W50	M50		
	Match 3						
19:00	400mH (W35/M35/M50)	W35	M35		M50		
19:00	PV (M35/M50/W35/W50/M60)	W35	M35	W50	M50		M60
19:00	SP (M35/M50/M60)		M35		M50		M60
19:20	Mile Walk (A/B string any age)	Two of any age					
19:30	SP (W35/W50)	W35		W50			
19:35	300mH (W50/M60)			W50			M60
19:45	LJ (W35/W50/W60)	W35		W50		W60	
19:50	800m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
20:00	HT (M35/M50/M60)		M35		M50		M60
20:15	200m (V35/V50/W60)	W35	M35	W50	M50	W60	
20:25	LJ (M35/M50)		M35		M50		
20:30	HT (W35/W50/W60)	W35		W50		W60	
20:45	4x400m (V35/V50)	W35	M35	W50	M50		

	Match 4						
19:00	2000m Walk (A/B string any age)	Two of any age					
19:00	HJ (M35/M50)		M35		M50		
19:00	DT (M35/M50/M60)		M35		M50		M60
19:25	100m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
19:30	DT (W35/W50/W60)	W35		W50		W60	
19:30	HJ (W35/W50)	W35		W50			
19:45	Mile (V35/V50/V60)	W35	M35	W50	M50	W60	M60
19:45	TJ (M35/M50/M60)		M35		M50		M60
20:00	JT (M35/M50/M60)		M35		M50		M60
20:25	400m (V35/V50)	W35	M35	W50	M50		
20:25	TJ (W35/W50/W60)	W35		W50		W60	
20:30	JT (W35/W50)	W35		W50			
20:45	Medley 4,2,2,4 (V35/V50)	W35	M35	W50	M50		

Track & Field League Records – Qualifying Criterion

1. The current Track & Field League comprises three (3) age groups for both Men and Women: V35-49M, V50-59M and V60+M (V35-49W, V50-59W and V60+W).
2. An athlete may compete in an age group lower than their race day age (RDAge), for example, a V62W athlete may compete in either a V35-49W or V50-59W age category event. Athletes are not permitted to compete in an age category higher than their RDAge, for example, an RDAge V37M athlete cannot compete in a V50-59M age category event.
3. Because of point 2 the three age groups could best be described as V35+, V50+ and V60+. This leads to a Records qualifying criterion that is different to other Veteran/Masters competition – where the athlete may only achieve a record in their particular RDAge group and using the appropriate implement, where applicable, for that age group.
4. By interpreting each age group as in point 2 it is possible for an athlete to achieve a record using an implement outside of their particular age group but only in that competing age group. For example having competed in a V35-49 age group Hammer Throw, an RDAge V58M could achieve a record breaking throw – but could not qualify for a record in the V50-59 age group whether it is further or not (because of wrong weight implement).
5. It is also possible for an athlete to achieve a record in more than one age group at the same time. For example, an RDAge V51W athlete competing in a V35-49W 200m could qualify for both a V35-49W and a V50-59W record – assuming it would improve upon both records.
6. In the Walks events it is slightly different. This is primarily because there is no age group competed for. A maximum of two (2) athletes per club may compete in both the Men's and Women's Walk event. The first placed athlete from each club will be deemed Walker "A" with their second placed club athlete deemed Walker "B". There is no age restriction on the "A" or "B" athlete, other than they must be RDAge 35 or more. Accordingly, it is possible for an athlete to qualify for between one and three records at the same time (V35-49, V50-59 and V60+.)