

EMAC

Eastern Masters Track & Field League 2017 - CONFIRMED

Northern

Hunts AC, Peterborough AC, Nene Valley Harriers, Corby AC, Stamford Striders, Ryston Runners AC, West Norfolk AC

Central

Milton Keynes, Bedford & County, Luton AC, Biggleswade, Bedford Harriers, Fairlands VS, Cambridge & Coleridge AC

Southern

Southend AC, Loughton AC, Thurrock Harriers, Col & Tend/Ipswich Harriers, Basildon AC, WSAC/St Edmunds Pacers, Chelmsford AC

Dates and Venues:

Match	Date	Day	Venue
N Division - Match 1	3 rd May	Wed	St Ives Outdoor Centre, St Ives
N Division - Match 2	7 th June	Wed	Lynnsport, King's Lynn
N Division - Match 3	5 th July	Wed	Rockingham Triangle Sports Stadium, Corby
N Division - Match 4	31 st July	Mon	Embankment Athletics Track, Peterborough
C Division - Match 1	3 rd May	Wed	Bedford International Athletic Stadium, Bedford
C Division - Match 2	7 th June	Wed	Cambridge University Athletics Track, Cambridge
C Division - Match 3	5 th July	Wed	Stantonbury Campus, Milton Keynes
C Division - Match 4	26 th July	Wed	Ridlins Stadium, Stevenage
S Division - Match 1	3 rd May	Wed	Blackshots Stadium, Thurrock
S Division - Match 2	7 th June	Wed	Garon Park, Southend
S Division - Match 3	5 th July	Wed	Melbourne Park, Chelmsford
S Division - Match 4	26 th July	Wed	Northgate Sports Centre, Ipswich [1930 start]
Final	10 th September	Sun	Bedford

	Match 1	Two of any age					
	1000m Walk (A/B string any age)						
	PV (V35/V50)	W35	M35	W50	M50		
	SP (M35/M50/M60)		M35		M50		M60
	100m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	SP (W35/W50/W60)	W35		W50		W60	
	3000m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	LJ (W35/W50/W60)	W35		W50		W60	
	HT (M35/M50/M60)		M35		M50		M60
	400m (V35/V50)	W35	M35	W50	M50		
	LJ (M35/M50/M60)		M35		M50		M60
	HT (W35/W50)	W35		W50			
	4x100m (V35/V50)	W35	M35	W50	M50		

	Match 2						
	1500m Walk (A/B string any age)	Two of any age					
	HJ (M35/M50/M60)		M35		M50		M60
	DT (M35/M50/M60)		M35		M50		M60
	Sprint Hurdles (V35/V50)	W35	M35	W50	M50		
	HJ (W35/W50/W60)	W35		W50		W60	
	DT (W35/W50)	W35		W50			
	1500m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	TJ (M35/M50)		M35		M50		
	JT (M35/M50/M60)		M35		M50		M60
	200m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	TJ (W35/W50)	W35		W50			
	JT (W35/W50/W60)	W35		W50		W60	
	4x200m (V35/V50)	W35	M35	W50	M50		
	Match 3						
	400mH (W35/M35/M50)	W35	M35		M50		
	PV (M35/M50/W35/W50/M60)	W35	M35	W50	M50		M60
	SP (M35/M50/M60)		M35		M50		M60
	Mile Walk (A/B string any age)	Two of any age					
	SP (W35/W50)	W35		W50			
	300mH (W50/M60)			W50			M60
	LJ (W35/W50/W60)	W35		W50		W60	
	800m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	HT (M35/M50/M60)		M35		M50		M60
	200m (V35/V50/W60)	W35	M35	W50	M50	W60	
	LJ (M35/M50)		M35		M50		
	HT (W35/W50/W60)	W35		W50		W60	
	4x400m (V35/V50)	W35	M35	W50	M50		
	Match 4						
	2000m Walk (A/B string any age)	Two of any age					
	HJ (M35/M50)		M35		M50		
	DT (M35/M50/M60)		M35		M50		M60
	100m (V35/V50)	W35	M35	W50	M50		
	DT (W35/W50/W60)	W35		W50		W60	
	HJ (W35/W50)	W35		W50			
	Mile (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	TJ (M35/M50/M60)		M35		M50		M60
	JT (M35/M50/M60)		M35		M50		M60
	400m (V35/V50/V60)	W35	M35	W50	M50	W60	M60
	TJ (W35/W50/W60)	W35		W50		W60	
	JT (W35/W50)	W35		W50			
	Medley 4,2,2,4 (V35/V50)	W35	M35	W50	M50		