

EMAC

Eastern Masters Track & Field League 2018 - FINAL

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, Colchester Harriers

Dates and Venues:

Match	Date	Day	Venue
N Division - Match 1	2 nd May	Wed	St Ives Outdoor Centre, St Ives
N Division - Match 2	6 th June	Wed	Lynnsport, King's Lynn
N Division - Match 3	2 nd July	Mon	Embankment Athletics Track, Peterborough
N Division - Match 4	1 st Aug	Wed	Rockingham Triangle Sports Stadium, Corby
C Division - Match 1	2 nd May	Wed	Ridlins Stadium, Stevenage
C Division - Match 2	6 th June	Wed	Bedford International Athletic Stadium, Bedford
C Division - Match 3	4 th July	Wed	Cambridge University Athletics Track, Cambridge
C Division - Match 4	1 st Aug	Wed	Stantonbury Campus, Milton Keynes
S Division - Match 1	2 nd May	Wed	Lee Valley Athletics Centre, Edmonton
S Division - Match 2	6 th June	Wed	Blackshots Stadium, Thurrock
S Division - Match 3	4 th July	Wed	Garon Park, Southend
S Division - Match 4	1 st Aug	Wed	Colchester Garrison Athletics Stadium, Colchester
Final	23 rd Sept	Sun	Stantonbury Campus, Milton Keynes

Match 1								
100m (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
400m (V35/V50)	W35	M35	W50	M50				
Mile Walk (A/B)	Two of any age							
3000m (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
4x100m (V35/V50)	W35	M35	W50	M50				
HJ (V35/V50)	W35	M35	W50	M50				
TJ (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
HT (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
SP (V35/V50/V60)	W35	M35	W50	M50	W60	M60		

Match 2								
Sprint Hurdles (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
200m (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
800m (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
1500m Walk (A/B)	Two of any age							
4x400m (V35/V50)	W35	M35	W50	M50				
LJ (V35/V50)	W35	M35	W50	M50				
PV (A/B)	W35	M35	W50	M50				
DT (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
JT (V35/V50/V60)	W35	M35	W50	M50	W60	M60		

Match 3								
100m (V35/V50)	W35	M35	W50	M50				
400m (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
1500m (V35/V50/W60)	W35	M35	W50	M50	W60	M60		
2000m Walk (A/B)	Two of any age							
4x200m (V35/V50)	W35	M35	W50	M50				
HJ (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
TJ (V35/V50)	W35	M35	W50	M50				
HT (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
SP (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70

Match 4								
200m (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
300mH (W50/M60)			W50		W60	M60		
400mH (W35/M35/M50)	W35	M35		M50				
Mile (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
Medley 4,2,2,4 (V35/V50)	W35	M35	W50	M50				
LJ (V35/V50/V60/V70)	W35	M35	W50	M50	W60	M60	W70	M70
PV (A/B)	W35	M35	W50	M50	W60	M60		
DT (V35/V50/V60)	W35	M35	W50	M50	W60	M60		
JT (V35/V50/V60)	W35	M35	W50	M50	W60	M60		

NB: Promoted Guest Events