**ENGLAND ATHLETICS MASTERS INTER-AREA TRACK AND FIELD CHALLENGE**

**COVENTRY ATHLETICS TRACK, KIRBY CORNER ROAD, COVENTRY, CV4 7AL**

**SUNDAY 6th JULY 2019**

**Competition rules**

1. Competing clubs, with competition numbers, are

1 EMAC

2 MMAC

3 SCVAC

4 SWVAC

5 VAC

6 SVHC

7. WMAA

1. Age groups W35 W50 W60 W70 M35 M50 M60 M70

One competitor per event in all age groups as shown on timetable

1. First digit in competition number indicates club
2. Second digit indicates age group, 3 for 35, 5 for 50, 6 for 60, 7 for 70

e.g. 13 is an EMAC athlete in a W35 or M35 event

1. 4 trials in all throws and in long and triple jump
2. In high jump and pole vault athletes start at opening height, or higher if they wish, all age groups competing together

Opening heights W35 W50 W60 M35 M50 M60 M70

 High jump 1.10 1.00 0.90 1.20 1.15 1.10 1.00

 Pole vault 1.40 1.30 1.80 1.70

Progression HJ 5cm, possibly 3cm. if requested by older age groups PV 10cm

1. Athletes may move down age groups, but must remain in the same age group for all events, except relays.
2. Athletes should report for all events 15 minutes before start time
3. Masters area club vests must be worn in all events
4. No guest athletes will be allowed to compete
5. Scoring for all events 7-6-5-4-3-2-1
6. Competition numbers will be given out on the day

**Please remember to bring your paperwork: timetable and competition rules to the meeting**.

**Other important information**

There is free parking all day.

Registration is in the committee room.

Officials will be provided with refreshments and their travelling expenses will be paid.

Athletes, their supporters, friends and families can buy refreshments in the café.