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

**LEE VALLEY ATHLETICS CENTRE, LONDON**

**SUNDAY MARCH 1ST 2020**

**Competition rules**

1. Competing clubs, with competition numbers, are

1 EMAC

2 MMAC

3 SCVAC

4 SWVAC

5 VAC

6 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 shot 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 1.05 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, track athletes to the call room behind the 60m. start and field athletes to the jumping/throwing areas.
3. Area club vests must be worn in all events
4. No guest athletes will be allowed to compete
5. Scoring for all events 6-5-4-3-2-1
6. Competition numbers will be given out on the day

**Please remember to bring your paperwork; timetable, competition rules and declaration forms to the meeting**.