

PROGRAMME Herts & North Middlesex Masters League 2020 (SCVAC)

Teams

1 Barnet & District	6 vacancy
2 Dacorum & Tring (MEN only)	7 Stevenage & North Herts
3 Enfield & Haringey	8 London Heathside
4 Herts Phoenix	9 Harrow (MEN only)
5 Ilford	0 St Albans

Track Number Allocation	0-9 (35) , 10-19 (40) , 50-59 (50) , 60-69 (60) , 70-79 (70)
Walking Number Allocation	Men 0-9 (35) and 50-59 (50) , Women 10-19 (35) and 60-69 (50)

Match 1 - Monday 4th May at Lee Valley N9 OAR (hosts Enfield & Haringey)

1830 Shot Women 4k,3k	(35,50)	Hammer Men 5k	(60)
1840 2000m Walk Men & Women	(35/50)		
1900 100m Men	(35,40,50,60,70)	Pole Vault Men (35,50) & Women	(35)
1915		Hammer Men 7.26k	(35)
1920 100m Women	(35,40,50,60,70)		
1930		Shot Men 6k	(50)
1945 400m Men	(35,40,50)	Long Jump Men	(35,50)
2000 400m Women	(35,40,50)	Discus Women 1k	(35,60)
2000		Shot Men 7.26k	(35)
2010 1500m Men	(35/40,50/60)		
2030 1500m Women	(35/40/50/60)		
2045 4 x 100m Relay Men			
2055 4 x 100m Relay Women			

Pole Vault start heights - Men 1.60m,1.80m,2m ... Women 1.40m,1.60m,1.80m,2m ...

Match 2 - Monday 1st June at Stevenage SG2 9PB (hosts Stevenage & North Herts)

1900 Javelin Women 600g,500g	(35,50)	Shot Men 5k	(60)
1910 200m Hurdles Men & Women	(35) non-scoring –68cm,2.7k,20m 1 st hurdle app,then 35m space		
1920 800m Men	(35,40,50,70)		
1935 800m Women	(35/40,50/60/70)	Shot Men 7.26k	(40)
1950 200m Men	(35,40,50,60)	Long Jump Women	(35,50)
2000		Hammer Men 6k	(50)
2005 200m Women	(35,40,50,60)		
2025 3000m Men	(35/50/60)		
2030 Discus Men 1.5k	(50)	High Jump Women	(35,50)
2055 3000m Women	(35/50)		
2115 4x400m Relay Men			
2125 4x400m Relay Women			

High Jump start heights - 80cm then 90cm,1m,1.05m ...

Match 3 - Monday 22nd June at Lee Valley N9 OAR (hosts Barnet & District)

1830 Hammer Women 3k	(50)	Triple Jump Men	(35,50)
1840 100m Men	(35,40,50,60)		
1900 100m Women	(35,40,50,60)	Javelin Men 700g	(50)
1910		Discus Men 2k	(35)
1915 5000m Men	(35/50/60)		
1930 Triple Jump Women	(35,50)	Shot Women 3k	(60)
1940 400m Men	(35,40,50,60,70)		
1955 400m Women	(35,40,50,60,70)		
2000 Discus Men 1k	(60)	Javelin Women 500g	(60)
2010 1500m Men	(35/40/50)	Shot Women 4k	(40)
2030 1500m Women	(35/40/50)		
2045 1600m Medley Relay Men			
2050 1600m Medley Relay Women			

Match 4 - Monday 6th July at Hemel Hempstead HP2 4JS (hosts Dacorum & Tring)

1830 Javelin Men 800g	(35)	Long Jump Men	(40,60)
1830 2000m Walk Men & Women	(35/50)	Hammer Women 4k,3k	(35,60)
1855 800m Men	(35,40,50,60)		
1900 High Jump Men	(35,50)		
1910 800m Women	(35,40,50)		
1925 200m Men	(35,40,50,60,70)		
1930 Javelin Men 600g	(60)	Discus Women 1k	(50)
1940 200m Women	(35,40,50,60,70)		
1950 3000m Men	(40/50)		
2000 Long Jump Women	(60)		
2015 3000m Women	(40/60)		
2040 4 x 200m Relay Men			
2050 4 x 200m Relay Women			

High jump start heights - 1m then 1.10m,1.20m,1.25m ...

Men and Women winners qualify for the SCVAC Finals

2nd claim Athletes are allowed to score but must be registered with the League

A MAXIMUM of FIVE 2nd claim Athletes will be allowed PER TEAM for the season. Note that Men and Women count as separate Teams for this Rule

Non-scoring MASTERS competitors only will be accommodated as required

Field Events – FOUR trials (except High Jump & Pole Vault)

SCORING for all events and matches : MEN ; 9-8-7-6-5-4-3-2-1 WOMEN ; 7-6-5-4-3-2-1

Only Masters athletes (35 and older) are permitted to compete

Men 100m,200m,400m – when more than 8 scoring athletes report for a race then points will be decided on times from TWO races. Similarly for the Men Relays

/ indicates that the age groups will race together concurrently

Every Club should provide a Track Judge , a Timekeeper and a Field Official for each match

RG 16th December 2019

