

England Masters Athletics Association

Inter-Area Outdoors Track and Field Challenge 2024

Rockingham Triangle Athletics Stadium, Jimmy Kane Way, Rockingham Rd,
Corby NN17 2FB

Saturday 07 September 2024

Competition rules

1. Competing clubs, with competition numbers, are
 - 1 EMAC – Eastern Masters AC
 - 2 MMAC – Midland Masters AC
 - 3 NEMAA – North East Masters AA
 - 4 NMAC – Northern Masters AC
 - 5 SVHC – Scottish Veterans Harriers Club
 - 6 SCVAC – Southern Counties Veterans AC
 - 7 SWVAC – South West Veterans' AC
 - 8 VAC – Veterans AC
 - 9 WMAL – Welsh Masters Athletics Ltd.
2. Age groups W35 W50 W60 W70 M35 M50 M60 M70
One competitor per event in all age groups as shown on timetable
3. Bibs will be available to pick up on the day. Each team will have their own set of numbers for each individual athlete.
4. 4 trials in throws and horizontal jumps
5. In high jump and pole vault athletes start at opening height, or higher if they wish,

Opening heights	W35	W50	W60	W70	M35	M50	M60	M70
High jump	1.00	1.00	0.90	0.90	1.15	1.15	0.90	0.90
Pole vault	1.40	1.30			1.80	1.70		

Progression HJ 5cm (for V35,V50) 3cm (for V60,V70), PV 10cm
6. Athletes may move down age groups but must remain in the same age group for all events, except relays.
7. Athletes should report for **all** events when called by the announcer, at least 15 minutes before start time to the area of their events.
8. Area club vests must be worn in all events
9. No guest athletes will be allowed to compete
10. Scoring for all events 9-8-7-6-5-4-3-2-1

Please remember to bring your paperwork, timetable, and competition rules to the meeting. Change of declarations will be done online on Opentrack on the day by Carey Hollick, so please bring any changes to her (location TBC).