



England Masters Athletics Association

Inter-Area Outdoors Track and Field Challenge 2025

Yate Outdoor Sports Complex, Broad Ln, Yate, Bristol BS37 7LB

Sunday, 02 August 2026

Competition rules

1. Competing clubs, with competition numbers, are
 - 1 EMAC – Eastern Masters AC – 100s
 - 2 MMAC – Midland Masters AC – 200s
 - 3 NMAC – Northern Masters AC – 300s
 - 4 SVHC – Scottish Veterans Harriers Club– 400s
 - 5 SWVAC – South West Veterans' AC – 500s
 - 6 SCVAC – Southern Counties Veterans AC – 600s
 - 7 VAC – Veterans AC – 700s
 - 8 WMAL – Welsh Masters Athletics Ltd.– 800s
2. Age groups W35-W49, W50-59, W60-W69, W70+, M35-49, M50-59, M60-69, 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. 6 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	M35	M50
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High jump	1.00	1.00	1.15	1.15
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Pole vault	1.40	1.30	1.80	1.70
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Progression HJ 5cm increments; PV 10cm increments

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 track start time to the area of their events. 20 minutes for LJ, TJ, Throws. 30 minutes before High Jump and 40 minutes before Pole Vault.
8. Area club vests must be worn in all events
9. No guest athletes will be allowed to compete
10. Scoring for all events 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).