

2022 PROGRAMME Herts & North Middlesex Masters League (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 9th May at Lee Valley N9 OAR (London Heathside/Enfield & Haringey)

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

Match 2 - Monday 20th June at Stevenage SG2 9PB (hosts Stevenage/Herts Phoenix)

1830 High Jump Women	(35,50)	Hammer Men 6k	(50)
1830 Long Jump Men	(35,50)		
1845 800m Men	(35,40,50,60,70)		
1905 800m Women	(35/40,50/60/70)		
1920 200m Men	(35,40,50,60,70)	Discus Men 1.5k	(50)
1945 200m Women	(35,40,50,60,70)	High Jump Men	(35,50)
2010 3000m Men	(35/50/60)	Javelin Women 600g,500g	(35,50)
2025 3000m Women	(35/50)		
2045 4x400m Relay Men			
2055 4x400m Relay Women			

High Jump start heights

women 80cm then 90cm,1m,1.05m

men 1m then 1.10m 1.20m 1.25m

PTO

Match 3 - Monday 18th July at Lee Valley N9 OAR (hosts Barnet & D/Enfield & Haringey)

1830	200m Hurdles Men & Women (35) - 68cm, 2.7k, 20m 1st hurdle approach, then 35m spacing		
1830	Hammer Women 3k	(50)	Triple Jump Men (35,50)
1840	100m Men	(35,40,50,60,70)	
1900	100m Women	(35,40,50,60,70)	Javelin Men 700g (50)
1910	Discus Men 2k	(35)	
1915	2000m Walk Men & Women	(35/50)	
1930	Shot Women 3k	(60,70)	Triple Jump Women (35,50)
1935	400m Men	(35,40,50,60,70)	
1955	400m Women	(35,40,50,60,70)	
2000	Discus Men 1k	(60,70)	Javelin Women 500g (60,70)
2010	1500m Men	(35/40/50)	
2030	1500m Women	(35/40/50)	
2045	1600m Medley Relay Men		
2055	1600m Medley Relay Women		

Match 4 - Monday 8th August at Harrow HA3 6SW (hosts Harrow)

1830	Hammer Women 4k,3k	(35,60,70)	
1845	800m Men	(35,40,50,60,70)	Shot Men 5k,4k (60,70)
1905	800m Women	(35,40,50,60,70)	Long Jump Women (60,70)
1920	200m Men	(35,40,50,60,70)	Javelin Men 800g,600g,500g (35,60,70)
1945	200m Women	(35,40,50,60,70)	Discus Women 1k (35,50)
2010	3000m Men	(35/50/60)	Long Jump Men (60,70)
2025	3000m Women	(35/50)	
2045	4x200m Relay Men		
2055	4x200m Relay Women		

Covid-19 Guidelines will be observed at all times ... Field Events FOUR trials (except High Jump)

SCORING for all events and matches – men 9-8-7-6-5-4-3-2-1 ... women 8-7-6-5-4-3-2-1

Only Masters athletes (35 and older) are permitted to compete
/ indicates that the age groups will race together concurrently

Every Club should provide a Track Judge , a Timekeeper and at least 1 Field Official for each match

Declarations should be emailed to the host club AT LEAST 24 HOURS BEFORE the start of the meeting.
Athletes who are not declared before the day MAY find that there will NOT be room for them to compete on the day. The referees will make the final decision.

