

## ENGLAND MASTERS ATHLETICS INTER-AREA TRACK AND FIELD CHALLENGE

PINGLES ATHLETICS TRACK, AVENUE ROAD, NUNEATON, CV11 4LX

SUNDAY JULY 31ST 2022

### Competition rules

1. Competing clubs, with competition numbers, are
  - 1 EMAC
  - 2 MMAC
  - 3 SCVAC
  - 4 SWVAC
  - 5 VAC
  - 6 SVHC
  7. WMAA
  8. NMAA
2. Age groups W35 W50 W60 W70 M35 M50 M60 M70  
One competitor per event in all age groups as shown on timetable
3. First digit in competition number indicates club
4. 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
5. 4 trials in all throws and in long and triple jump
6. 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	1.10	1.00
Pole vault	1.40	1.30		1.80	1.70		

Progression – HJ - 5cm, PV - 10cm
7. Athletes may move down age groups, but must remain in the same age group for all events, except relays.
8. Athletes should report for all events when called at least 15 minutes before start time
9. Masters area club vests must be worn in all events
10. No guest athletes will be allowed to compete
11. Scoring for all events 8-7-6-5-4-3-2-1
12. Competition numbers will be given out on the day

**Please remember to bring your paperwork: timetable and competition rules to the meeting.**