

Fixture 1 @ Newport 2019 27th April

Ev No	Close	Time	Track Event	Age Groups	Est Races
T01	11:00	12:00	400m Hurdles	Men* (91.4)	1
T02	11:10	12:10	3K Walk	All	1
T03	11:30	12:30	400m Hurdles	U17M* (84.0)	1
T04	11:45	12:45	3000m	Men	2
T05	12:05	13:05	400m Hurdles	Women* (76.2)	1
T06	12:20	13:20	300m Hurdles	U17W* (76.2)	1
T07	12:30	13:30	3000m	Women	1
T08	12:50	13:50	100m	Women	5 to 6
T09	13:25	14:25	100m	Men	6 to 7
T10	14:05	15:05	1.5km S/C	Men	1
T11	14:05	15:05	300m	U17W	2 to 3
T12	14:20	15:20	400m	Men	2 to 3
T13	14:20	15:20	400m	Women	2 to 3
T14	14:45	15:45	800m	Women	2 to 3
T15	14:40	15:40	800m	Men	3 or 4
T16	15:05	16:05	200m	Women	4 or 5
T17	15:05	16:05	200m	Men	6 or 7
T18	15:35	16:35	1.5km S/C	Women	1
T19	15:45	16:45	4 x 100 Relay	Women	1
T20	15:50	16:50	4 x 100 Relay	Men	1

TRACK EVENTS

Masters can this season run in their age group category for all track disciplines

other than the hurdles masters will be mixed into races where technical specifications are not required.

*Distance Hurdles	*Age Group
400m & 91.4cm	Senior Men, U20M, MM35-MM49
400m & 84.0cm	U17M & MM50-MM59
400m & 76.2cm	U20W, SENW, MW40-MW49
300m & 76.2cm	U17W, MW50-MW69, MM60-MM69

Ev No	Close	Time	Field Event	Age Groups
F01	10:30	11:30	Hammer	Men*
F02	10:30	11:30	Hammer	Women*
F03	11:30	12:30	Pole Vault	Women
F04	11:30	12:30	Pole Vault	Men
F05	12:15	13:15	Long Jump	Men
F06	12:15	13:15	Long Jump	Women
F07	12:30	13:30	Shot Put	Men*
F08	12:30	13:30	Shot Put	Women*
F09	13:00	14:00	High Jump	Women
F10	13:00	14:00	High Jump	Men

1. Entry Fee £5 per athlete for affiliated clubs

2. Entry Fee £7 per athlete for non affiliated clubs

3. Registration closes 1 hour before each start time

4. Relay teams submitted minimum of 1 hour before event

5. Field events: Athletes throw their age group weights

6. Best 2 per age group score

7. All age group points are combined for 'Overall Team Score'

8. All Affiliated clubs are obliged to provide volunteers and or officials for field events

2019 Season Schedule

FIX 1	FIX 2	FIX 3	FIX 4
100m	100m		100m
200m		200m	200m
300m & 400m	300m & 400m		300m & 400m
800m	800m	800m	
	1500m	1500m	1500m
3000m		3000m	3000m
3K Walk	3K Walk		3K Walk
	sp hdl		sp hdl
dist hdl		dist hdl	
1.5km S/C		1.5km S/C	1.5km S/C
HJ		HJ	HJ
PV	PV		PV
LJ	LJ		LJ
	TJ	TJ	TJ
SP		SP	SP
	DT	DT	DT
	JT	JT	JT
HT		HT	HT

FIELD EVENTS

Masters can this season throw their own implement weights for all events

Age Group

	U17M	U20M	SENM	MM35	MM50	MM60	MM70	MM80+	U17W	U20W	SENW	MW35	MW40	MW50	MW60+
				MM49	MM59	MM69	MM79					MW39	MW49	MW59	

Events

Events	U17M	U20M	SENM	MM35	MM50	MM60	MM70	MM80+	U17W	U20W	SENW	MW35	MW40	MW50	MW60+
SP	5.00kg	6.00kg	7.26kg	7.26kg	6.00kg	5.00kg	4.00kg	4.00kg	3.00kg	4.00kg	4.00kg	4.00kg	4.00kg	3.00kg	3.00kg
DT	1.50kg	1.75kg	2.00kg	2.00kg	1.50kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg
HT	5.00kg	6.00kg	7.26kg	7.26kg	6.00kg	5.00kg	4.00kg	4.00kg	3.00kg	4.00kg	4.00kg	4.00kg	4.00kg	3.00kg	3.00kg
JT	700gr	800gr	800gr	800gr	700gr	600gr	500gr	400gr	500gr	600gr	600gr	600gr	600gr	500gr	500gr