

2024 PROGRAMME Herts & North Middlesex Masters League

1 Barnet & District	
2 Dacorum & Tring	7 Stevenage & North Herts
3 Enfield & Haringey	8 London Heathside
4 Herts Phoenix	9 Harrow
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 13th May at Lee Valley N9 OAR (Enfield & Haringey/Ilford)

1830 Shot Women 4k,3k	(35,50)	Hammer Men 5k	(60,70)
1830 2000m Walk Men & Women	(35/50)		
1850 100m Men	(35,40,50,60,70)		
1910 100m Women	(35,40,50,60,70)		
1915		Hammer Men 7.26k	(35)
1930 Shot Men 6k	(50)		
1935 400m Men	(35,40,50)		
1945 Long Jump Women	(35,50)		
1950 400m Women	(35,40,50)		
2000 Shot Men 7.26k	(35)	Discus Women 1k	(60,70)
2005 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 10th June at Stevenage SG2 9PB (hosts Stevenage/Herts Phoenix)

1830 Hammer Men 6k	(50)	High Jump Women	(35,50)
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)	Discus Men 1k	(60/70)
2010 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 1st July at Harrow HA3 6SW (hosts Harrow)

1830 Hammer Women 3k	(50)	Triple Jump Men	(35,50)
1830 100m Men	(35,40,50,60,70)		
1850 100m Women	(35,40,50,60,70)		
1905 400m Men	(35,40,50,60,70)		
1915		Discus Men 2k	(35)
1925 400m Women	(35,40,50,60,70)		
1930		Triple Jump Women	(35,50)
1940 1500m Men	(35/40,50/60)		
2000 Javelin Women	(60,70)		
2005 1500m Women	(35/40/50/60)		
2020 1600m Medley Relay Men			
2030 1600m Medley Relay Women			

Match 4 - Monday 2nd September at Lee Valley N9 OAR (hosts Barnet & D)

1830 200m Hurdles NON-SCORING - 68cm, 2.7kg, 20m 1st hurdle approach, then 35m spacing			
1830 Hammer Women 4k,3k	(35,60,70)	Shot Men 5k,4k	(60,70)
1845 800m Men	(35,40,50,60,70)		
1905 800m Women	(35,40,50,60,70)	Long Jump Women	(60,70)
1920 200m Men	(35,40,50,60,70)	Javelin Men 600g,500g	(60,70)
1930 Discus Women 1k	(35,50)		
1945 200m Women	(35,40,50,60,70)		
2010 3000m Men	(35/50/60)	Long Jump Men	(60,70)
2015		Javelin Men 800g,700g	(35,50)
2020		Shot Women 3k	(60,70)
2025 3000m Women	(35/50/60)		
2045 4x200m Relay Men			
2055 4x200m Relay Women			

Field Events FOUR trials (except High Jump)

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

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.