

Eastern Masters AC/Veterans AC Indoor Track and Field Championships 2024
Sunday, 11 February
Lee Valley Athletics Centre, Edmonton E9 0AR

FINAL TIMETABLE (as of 08/02/2024)

Times and events may change depending on dropouts on the day
Registration Desk across from seating; follow signs

- *Please register at the registration desk at least 1 hour before your event.**
- *Call room for Track events 20 minutes before event**
- *No call room for field events; meet at field event 15 minutes before event**
- *Athletes in the pole vault can arrive up 45 minutes before event to set up and high jump 30 minutes for run up.**
- *Events are in 5 year age groups and medals given for gold, silver, bronze; No event standards.**
- *6 throws/jumps (except PV and HJ as normal UKA/WMA rules). (3 cm increments may be asked for by W60+ and M65+)**
- *LEE VALLEY HAS CHRISTMAS TREE SPIKES RULE: Omnilite Ceramic Pyramid or Christmas Tree 5 or 7 mm; Steel Christmas Tree 6mm or Steel RT Compression 6mm**
- *World Masters shoe rules will apply, so carbon-plate non-spikes shoes can be used in the middle-distance events as well as the spiked shoes**

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Opentrack numbers

F01	1030	Shot Put	Men M60+	(16 competitors)
F02	1030	Long Jump	Men M35-M50	(17 competitors)
T01	1030	60m Hurdles	Men (5 races) then Women (3 races)	(35 competitors)
F03	1045	Pole Vault	Women and Men (ALL)	(13 competitors)
T02A	1115	3000m	Women (all) 1 race	(9 competitors)
T02B	1130	3000m	Men M55+ 1 race	(12 competitors)
F04	1130	High Jump	Women (All), Men M65+	(17 competitors)
T02C	1145	3000m	Men M35-M50	(11 competitors)
F05	1215	Shot Put	Men M35-M55	(18 competitors)
T03	1220	400m	Women (3 races) then Men (9 races)	(57 competitors)
F06	1300	Long Jump	Women W35-W55	(11 competitors)
T04	1300	1500m	Women and Men M70+	(10 competitors)
	1307	1500m	Men M55-M65	(10 competitors)
	1314	1500m	Men M35-M50	(9 competitors)
F07	1330	High Jump	Men M35-M60	(14 competitors)
Track	1330	Break	Track Officials	
F08	1400	Shot Put	Women W35-W45	(8 competitors)
F09	1430	Long Jump	Women W60+, Men M55+	(17 competitors)
T05	1430	60m Sprint	Women (5 races) then Men (13 races)	(95 competitors)
T06	1515	800m	Women (1 race) then Men (6 races)	(42 competitors)
F10	1515	Shot Put	Women W50+	(12 competitors)
T07	1600	200m	Women (5 races) then Men (13 races)	(87 competitors)
F11	1625	Triple Jump	MW >10m PBs	(12 competitors)
F12	1625	Triple Jump	MW <10m PBs	(9 competitors)