

## SCVAC track & field league – Kent Divisions – 2016 meetings

We are in Division 2 (men), with Swanley, Bromley Veterans, Paddock Wood, Tonbridge and Dartford B. Both Divisions (1 and 2) compete at the same meetings. Promotion to Division 1 is achieved by becoming one of the two top scoring clubs by the end of the meeting series.

### Meetings

- Unless otherwise decided, we are not entering a women's team, but women are very welcome to attend and compete as non-scoring guests so long as they can be fitted in (which should be straightforward).
- Athletes can compete in an age group younger than the one to which they belong.
- All men's (M) running events are for M35 (M35s have two events – an A stream and a B stream) and M50. All M field events are for M35, M50. Similarly as regards women (W).
- 2000m walk M is for M35, M50. 2000m walk W is for W35, W50.
- M60 events are where shown (as +60) on timetable. If there is no "+60" shown for an event and you are 60+, you can still compete, either in a younger age group (if there is a space in the team) or as a guest. Women over 60 can compete as guests where there is no W+60 event, but must be prepared to compete with those in a younger age group.
- In relays there is one all-age-group team per club for men (or women, where applicable).
- Field event starts: Divisions 1 and 2 may compete separately or together, depending on numbers.. In practice, the divisions tend to start together in pole vault, high jump and triple jump; but Division 1 (for men) tends to go first in discus, hammer, javelin, long jump and shot put. Three trials are allowed in long throws and triple jump; four (this is a change for 2016) in shot and long jump.
- Scoring is 6-5-4-3-2-1 in all events; so any valid performance earns the club at least a point.

**Match 1. Friday 29 April 2016 at Sutcliffe Park** (Eltham Road, Eltham, SE9 6BB). Nearest station, Kidbrooke. Pedestrian entrance from the south side of the park, off the A210. Allow time to find parking in nearby residential streets.

Programme:	Track	Field		
6.45	400m W+60	Triple jump M+60	Pole vault M	Hammer W
7.15	400m M+60			
7.45	3000m W			
8.00		Triple jump W+60	Hammer M	
8.30	3000m M			

**N.B.** We usually help officiate the triple jump event at this venue, but we may be having a break this year, according to the paperwork distributed.

**Match 2. Monday 9 May 2016 at Canterbury** (Canterbury High School, Knight Avenue, Canterbury, CT2 8QA). Park at school, which is off the A2050 approaching Canterbury from the west. Nearest station, Canterbury West.

Programme:	Track	Field		
6.45	200m W	Discus M+60	Long jump W	
7.05	200m M			
7.25	1500m W+60			
8.00		Long jump M	Discus W+60	
8.05	1500m M+60			
8.45	4 x 100m relay W			
8.55	4 x 100m relay M			

**Match 3. Friday 27 May 2016 at Bromley** (Norman Park track, Norman Park, Hayes Lane, Bromley, BR2 9EF). Parking at the track. Nearest station, Bromley South.

Programme:	Track	Field		
6.45	100m W+60	High jump M	Javelin M	Shot put W+60
7.15	100m M+60			
7.45	800m W			
8.00		Shot put M+60	Javelin W	
8.15	800m M			
8.45	4 x 100m relay W			
8.55	4 x 100m relay M			

**Match 4. Friday 10 June 2016 at Bromley** (Norman Park track, Norman Park, Hayes Lane, Bromley, BR2 9EF). Parking at the track. Nearest station, Bromley South.

Programme:	Track	Field			
6.45	200m W+60	High jump M+60	Shot put M	Pole vault W	Javelin W+60
7.15	200m M+60				
7.45	1500m W				
8.00		Javelin M+60	Shot put W		
8.15	1500m M				
8.45	2000m walk W				
9.05	2000m walk M				

**Match 5. Monday 27 June 2016 at Ashford** (Julie Rose Stadium, Willesborough Road, Kennington, Ashford, TN24 9QX). Can be approached from junctions 9 or 10 of M20, but 10 tends to be better, and is more straightforward. Parking at the stadium. The nearest station, Ashford, is not at all near.

Programme:	Track	Field			
6.45	400m W	Pole vault M	Hammer M+60	High jump W+60	Triple jump W
7.05	400m M				
7.25	3000m W+60				
8.00		Triple jump M	Hammer W+60		
8.10	3000m M+60				
8.55	4 x 400m W				
9.15	4 x 400m M <sup>1</sup>				

**N.B.** we are responsible for officiating at the triple jump event, so anyone (including injured) able to help out with this (e.g. wielding the rake or holding the tape measure) will be very welcome.

**Match 6. Friday 15 July 2016 at Gillingham** (Black Lion Leisure Centre, Medway Park, Mill Road, Gillingham ME7 1HF). Approaching from the Medway Tunnel, go past the first junction. Then at the next turn right onto the B2004/Gillingham Gate Road, left onto Mill Road and right into Medway Park. There is a pay and display car park, but it may be that centre users can obtain a refund of parking fees on production of a part of their ticket at centre reception. Gillingham station is 10 minutes' walk.

Programme:	Track	Field		
6.45	800m W+60	Long jump M+60	High jump W	Discus W
7.25	800m M+60			
8.00		Discus M	Long jump W+60	
8.05	100m W			
8.25	100m M			
8.45	4 x 200m relay W			
9.05	4 x 200m relay M <sup>2</sup>			

**Geoffrey Kitchener**

*Lift usually available; please contact in advance, if wanted.*

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<sup>1</sup> According to the rules, first leg athletes will start on the 800 start lines, run the first 100 in lanes and then break in the back straight – but check that this arrangement does not change on the night.

<sup>2</sup> Athletes will start on the long stagger and the third leg runner will break at the beginning of the back straight.