

SCVAC track & field league – Kent Divisions – 2017 meetings

We are in Division 2 (men), with Swanley, Bromley Veterans, Ashford, Blackheath & Bromley 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 in running events).
- 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 28 April 2017 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	400m W+60	Triple jump M+60	Pole vault M	Hammer W+60
7.15	400m M+60			
7.45	3000m W			
8.00		Triple jump W+60	Hammer M	
8.30	3000m M			

N.B. We are jointly responsible with Bromley Vets and Paddock Wood for officiating the triple jump event.

Match 2. Monday 15 May 2017 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	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 2 June 2017 at Tonbridge (Tonbridge School track, London Road, Tonbridge). Nearly opposite the junction of the B245, London Road, with Dry Hill Park Road. Parking at the track. Nearest station, Tonbridge.

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+60	
8.15	800m M			
8.45	4 x 100m relay W			
8.55	4 x 100m relay M			

N.B. Tonbridge AC has asked if there is any scope for helping officiate any of the events.

Match 4. Monday 19 June 2017 at Dartford (Central Park, Cranford Road, Dartford DA1 1JP). Nearest station, Dartford. There is sometimes a car park of sorts at the track, but also parking on approach roads; Cranford Road is off the A225 (Lowerfield Street) on the south side of Dartford.

Programme:	Track	Field			
6.45	200m W+60	High jump M+60	Shot put M	Pole vault W	Javelin W
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. Friday 7 July 2017 at Erith (Erith Sports Centre, Avenue Road, Erith, DA8 3AT). Parking at stadium, but if full, then in Avenue Road. Nearest station, Erith.

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		
8.10	3000m M+60				
8.55	4 x 400m W				
9.15	4 x 400m M ¹				

N.B. We are jointly responsible with Bromley Vets and Paddock Wood for officiating the triple jump event.

Match 6. Monday, 17 July 2017 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+60	
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 ²				

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

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[Also mobile: 075 6497 6983, but not often switched on; so best not to use mobile number other than on the day of a match]

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

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