

SCVAC LEAGUE FINAL – SUNDAY SEPTEMBER 1<sup>ST</sup> 2019  
JULIE ROSE STADIUM, ASHFORD

Competition rules

1. The divisional winners, with competition numbers, are

| Women             | Men               |
|-------------------|-------------------|
| 1 Southampton     | 1 Southampton     |
| 2 Epsom and Ewell | 2 Epsom and Ewell |
| 3 Heathside       | 3 Ilford          |
| 4 Radley          | 4 Oxford City     |
| 5 Herne Hill      | 5 Herne Hill      |
| 6 Dartford        | 6 Dartford        |
| 7 Tonbridge       | 7 Tonbridge       |

2. Age groups W35 W50 W60 M35 M50 M60  
For W35 M35 2 competitors per club in all running events. 1 competitor in walk and all field events  
For W50 M50 1 competitor in all events  
For W60 M60 1 competitor in selected events as shown on timetable  
For relays 1 team per club in each relay
3. Competition numbers  
The first digit of the numbers indicates the club as shown above in **1**.  
The second digit of the number indicates the age group  
3 for W35A and W35B  
4 for W35B and M35B  
5 for W50 and M50  
6 for W60 and M60  
e.g. 13 is Southampton W35A and Southampton M35A
4. 4 trials in all throws and in long and triple jumps  
In high jump and pole vault competitors start at opening height, or higher if they choose, all age groups competing together  

| Opening heights | W35  | W50  | W60  | M35  | M50  | M60  |
|-----------------|------|------|------|------|------|------|
| High jump       | 1.10 | 1.00 | 0.90 | 1.20 | 1.15 | 1.10 |
| Pole vault      | 1.40 | 1.20 |      | 1.80 | 1.60 |      |

Progression HJ 5cm PV 10cm
5. Competitors may move down age groups, but may not compete in the same event in different age groups
6. Competitors should report at the call room in front of the stand hear the start/finish for track events and at the throwing/jumping area for field events at least 15 minutes before start time. The announcer will call for each event.
7. Club vests must be worn in all events
8. No guest competitors will be allowed
9. Scoring for all events 7-6-5-4-3-2-1