

SCVAC LEAGUE FINAL – SATURDAY AUGUST 31ST 2024
HORSPATH ATHLETICS TRACK, OXFORD

Competition rules

1. The divisional winners, with competition numbers, are

Women	Men
1 Barnet and District	1 Basingstoke
2 Blackheath and Bromley	2 Dartford
3 Southampton	3 Ilford
4 Oxford City	4 Oxford City
5 Serpentine	5 Serpentine
6 Tonbridge	6 Tonbridge
7 Wimbledon	7 Wimbledon

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 Barnet and District W35A, and Basingstoke 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 for events at the start for track events and the throwing/jumping area for field events 15 minutes before start time
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