

## SCVAC track & field league – Kent Divisions – 2018 meetings

Men: we are in Division 2 (men), with Swanley, Bromley Veterans, Paddock Wood, Cambridge Harriers, Dartford B and Bexley B.

Women: we are in Division 2 (women), with Ashford, Paddock Wood, Swanley, Blackheath & Bromley B and Tonbridge B.

Promotion to Division 1 is achieved by becoming one of the two top scoring clubs by the end of the meeting series. . Both Divisions (1 and 2, men and women) compete at the same meetings.

### Meetings

- We are expecting to have a women's team this year.
- Age groups are 35 (to 50); 50 (to 60) and 60 (upwards). However, athletes can compete in an age group younger than the one to which they belong.
- All running events are at least for M35 or F35 (35s have two events – an A stream and a B stream) and M50 or F50. All M field events are at least for M35 or F35, M50 or F50
- 2000m walk M is for M35, M50. 2000m walk W is for W35, W50.
- M60 or F60 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. In relays there is one all-age-group team per club for men and one for women.
- 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 tends to go first in discus, hammer, javelin, long jump and shot put, so Division 2 will be on well after the advertised time. Three trials are allowed in long throws and triple jump; four in shot and long jump.
- Scoring is 6-5-4-3-2-1 in all events (subject to confirmation); so any valid performance earns the club at least a point.

**Match 1. Monday 30 April 2018 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. There may now be some pay parking in the grounds following redevelopment, but perhaps best not to rely on that.

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 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 2. Monday 14 May 2018 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 25 May 2018 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	Pole vault W
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				

**Match 4. Friday 15 June 2018 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
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 2 July 2018 at Dartford** (Central Park, Cranford Road, Dartford DA1 1JP). Nearest station Dartford. There is usually a car park at the track as well as some parking on approach roads; Cranford Road is off the A225 (Lowerfield Street) on the south side of Dartford.

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. Monday 16 July 2018 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 centre users can usually obtain a refund of parking fees on production of a part of their ticket at centre reception. They may also be a free trackside car park. 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 <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– but check that this arrangement does not change on the night.