

**St. Mary's Richmond AC**  
**32<sup>nd</sup> Masters' Throws and Open Meeting**  
 (under UKA Rules / Permit)  
 Sir Mo Farah Athletics Track, Waldegrave Rd, TW1 4SX  
**Sunday 1<sup>st</sup> September 2019**

**PROVISIONAL TIMETABLE**

**Masters' Throws**

10:00 am	Hammer	W
10:00 am	Shot	M
11:00 am	Shot	W
11:00 am	Hammer	M
13:15 pm	Discus	M + W
15:45 pm	Javelin	M + W

**Open Track Events**

13:00 pm	800m	M + W
13:30 pm	100m	M + W
14:30 pm	400m	M + W
15:15 pm	3000m	M + W
15:45 pm	200m	M + W
16:30 pm	1500m	M + W

**Open and Invite Only Field Events**

10:00 am	Open Pole Vault	M + W
11:00 am	Open Long Jump	W
12:00 pm	<i>Invite Only</i> Hammer	M + W
12:00 pm	Open Long Jump	M
13:00 pm	Open Shot	M + W
13:00 pm	Open High Jump	W
14:30 pm	<i>Invite Only</i> Discus	M + W
14:30 pm	Open High Jump	M
15:00 pm	Open Triple Jump	M + W
16:30 pm	<i>Invite Only</i> Javelin	M + W

Please note:

- Some events may have to be adjusted depending on the of on-the-day entries
- All online track entries will be seeded, on-the-day entrants are not guaranteed to be seeded
- The starting heights for the Pole Vault and High Jump will be chosen by the competitors
- The number of trials in the other Field Events will be decided by the Field Referee and will depend on the number of on-the-day entries. Wherever possible, the Masters' Throws will have a maximum number of 6 trials. In general, the Open Field events will have 4 trials
- On-the-day entries are not guaranteed for field events, and the club reserves the right to close entries for particular events before the deadline due to high numbers of entrants
- Invite only events are for competitors of County standard or above. Please email [smrac\\_competition@smrac.org.uk](mailto:smrac_competition@smrac.org.uk) to be considered for these events

**UKA ENTRY RESTRICTIONS**

Minimum Age: 11 years.

Age Group	U13 B + G	U15 B + G	U17 M + W	U20 M + W
Age on 31 <sup>st</sup> Aug	11 or 12	13 or 14	15 or 16	17+
Max no of events on the day	3	3	3	5