SCVAC LEAGUE FINAL – SATURDAY SEPTEMBER 24th 2022
DOWN GRANGE SPORTS COMPLEX, BASINGSTOKE

Competition rules

1. The divisional winners, with competition numbers, are:

	Division	Men's Teams	Women's Teams
1	Hampshire	Basingstoke & Mid Hants	Southampton
2	Herts & North Middlesex	Barnet & District	London Heathside
3	Kent 1	Dartford	Dartford
4	Kent 2	Tonbridge	Tonbridge
5	Mid-London	Hillingdon	Hillingdon
6	South London	Hercules Wimbledon *	Epsom & Ewell
7	Western	Oxford City	Oxford City

* Hercules Wimbledon qualified for the final but will not be competing in the final due to a clash of events.

2. Age groups: W35, W50, W60, M35, M50, M60
   For W35 and M35, 2 competitors per club in all running events, 1 competitor in the walk and all field events.
   For W50 and M50, 1 competitor in all events.
   For W60 and 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 M35A
   4 for W35B and M35B
   5 for W50 and M50
   6 for W60 and M60
   e.g., 13 is Southampton 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 near to the start/finish for track events and at the throwing/jumping area for field events at least 15 minutes before the 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.