IMPORTANT ; the second match is now at Lee Valley . PLEASE DESTROY PREVIOUS PROGRAMMES - THIS IS THE ONLY VALID COPY

Teams
1  Barnet & District                         5  Ilford (MEN only)
2  Dacorum & Tring (MEN only)      7  Trent Park
3  Enfield & Haringey                      9  Harrow (MEN only)
4  Herts Phoenix

Track Nos:  1-9(A)  11-19(B)  51-59(50+)  61-69(60+)
Walking Nos:  Men 1-9 & 51-59 , Women 11-19 & 61-69
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Match 1  -  Monday 29th April  -  at Lee Valley N9 0AR - hosts Enfield & Haringey
1830  Discus Women                      (A,50+,60+)       Shot Men (60+)
1840  100m Men                             (A,B,50+,60+)
1900  100m Women                        (A,B,50+,60+)   Shot Men (50+)
1920  2000m Walk Men & Women (A,50+)
1930  High Jump Women                (A,50+)              Shot Men (A)
1935  Discus Men                           (50+)
1945  400m Men                             (A,B,50+)           Long Jump Men (A,50+,60+)
2000  400m Women                        (A,B,50+)
2000  Discus Men                            (A)
2010  1500m Men                           (A,B,50+,60+)
2030  1500m Women                      (A,B,50+,60+)
2045  4 x 100m Relay Men
2055  4 x 100m Relay Women

High Jump Women: start ht - 80cm then 90cm , 1m , 1.05m
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Match 2  -  Monday 20th May  -  at Lee Valley N9 0AR - hosts Barnet & D with Trent Park
1830  Shot Women                       (A,50+,60+)            Hammer Men          (60+)
1845  110m Hurdles                     (A)
1900  800m Men                          (A,B,50+,60+)         Hammer Men          (50+)
1915  800m Women                     (A,B,50+,60+)         Long Jump Women  (A,50+)
1930  200m Men                          (A,B,50+,60+)         Hammer Men          (A)
1945  200m Women                     (A,B,50+,60+)
2000  Javelin Women                    (A,50+)
2005  3000m Men                         (A,B,50+)
2025  3000m Women                    (A,B,50+)
2045  4 x 400m Relay Men
2055  4 x 400m Relay Women

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Match 3  -  Monday 10th June  -  at Lee Valley N9 0AR - hosts Enfield & Haringey
1830  Shot Men                                  (50+)                    Triple Jump Men       (A,50+)
1830  Hammer Women                      (A,50+,60+)
1850  100m Men                                (A,B,50+)
1900  Shot Men                                  (A)
1905  100m Women                           (A,B,50+)
1915  1500m Men                              (A,B,50+)              Discus Men              (60+)
1930  1500m Women                         (A,B,50+)              Triple Jump Women (A,50+)
1950  400m Men                                (A,B,50+,60+)       Discus Men              (50+)
2005  400m Women                           (A,B,50+,60+)
2020  5000m Men                              (A,B,50+,60+)       Discus Men              (A)
2045  1600m Medley Relay Men       (200m,200m,400m,800m)
2055  1600m Medley Relay Women  (200m,200m,400m,800m)
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Match 4  -  Monday 8th July  -  at Hemel Hempstead HP2 4JS - hosts Dacorum & Tring with Herts Phoenix
1830  Javelin Men                             (60+)                 Long Jump Women (A,50+,60+)
1830  2000m Walk Men & Women  (A,50+)
1855  800 Men                                  (A,B,50+)
1900  Shot Women                            (A,50+)              High Jump Men      (A,50+)
1900  Javelin Men                              (50+)
1910  800m Women                          (A,B,50+)
1925  200m Men                               (A,B,50+,60+)
1930  Javelin Men                              (A)                    Long Jump Men       (A,50+)
1940  200m Women                          (A,B,50+,60+)    Discus Women       (A,50+)
1955  3000m Men                             (A,B,50+,60+)
2010  3000m Women                        (A,B,50+,60+)
2030  4 x 200m Relay Men
2040  4 x 200m Relay Women

High Jump Men: start ht 1m then 1.10m , 1.20m , 1.25m
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Second Claim Athletes are allowed but must be registered with the League by 1st April with a MAXIMUM of FIVE allowed PER TEAM FOR THE SEASON . Note for this Rule Men and Women are separate teams .

Non-scoring and guest competitors will be accommodated as required .
Field Events - FOUR trials (except Pole Vault and High Jump)
SCORING for all events and matches:   MEN 7,6,5,4,3,2,1    WOMEN 4,3,2,1
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CLUB CONTACTS

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Trent Park RC
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Results should be sent to the following ;

Ray Gibbins raygibbins1@hotmail.co.uk
Athletics Weekly  results@athleticsweekly.com
Tops in Athletics  tops@topsinathletics.info
Athletics Data  admin@thepowerof10.info

compliments , Ray Gibbins , Divisional Coordinator
rg 28th February 2013