

Avon/Yate AC Masters Open 2023
Saturday 12th August
Yate Outdoor Sports Centre,
Broad Lane, Yate, BS37 7LB.

Avon County AA and Yate & District AC are holding a Masters Open Meeting on Saturday 12th August under UKA Rules, Licence Number OUT23/530.

Open events will be held for athletes aged 35 and up only. Entries are on-line only via Roster Athletics.

The Closing date for entries is Friday 4th August. NO LATE ENTRIES WILL BE ALLOWED.

Age groups will operate in 10 years ranges from 35 (V35, V45, V55 etc. up V75) based on athletes age on the day of the competition except where hurdle races require an intermediate age category.

Photo-finish and EDM will be in operation. Results on Power of Ten.

Competitors in the horizontal jumps and throwing events will be allowed a minimum of 4 trials. Fees: £5 meeting fee plus £5 per event with unlimited entries.

Provisional Timetable (some events may be merged depending on the entry numbers)

TRACK		FIELD	
11.30	400m Hurdles (W35-49, M35-59)	11.00	Hammer (all competitors)
11.45	300m Hurdles (W50+, M60+)	11.30	Long Jump (V35 men upwards)
12.00	1500m V35 men upwards	11.30	High Jump (V35 Women upwards)
12.20	1500m V35 women upwards	13.30	Discus (all competitors)
12.30	400m All competitors	13.30	High Jump (V35 Men upwards)
12.45	100m V35 men upwards	13.30	Triple Jump (all competitors)
13.05	100m V35 women upwards	15.30	Long jump (V35 Women upwards)
	Track Interval	15.30	Shot (all competitors)
	Track Interval	15.30	Javelin (All competitors)
14.00	80m hurdles W40+, M70+		
14.15	3000m V35 men upwards		
14.35	100m hurdles W35-39, M50 - V69		
14.45	110m hurdles men V35-49		
14.55	3000m V35 women upwards		
15.15	200m V35 men upwards		
15.35	200m V35 women upwards		
15.55	800m V35 women upwards		
16.10	800m V35 men upwards		
16.25	5000m V35 women upwards		
16.55	5000m V35 men upwards		