

England Masters Athletics Association

Inter-Area Indoors Track and Field Challenge 2024

Lee Valley Athletics Centre, Edmonton N9 0AR

Sunday, 25 February 2024

FINAL TIMETABLE

Only the following spikes are allowed on the indoor track, Omnilite Ceramic Pyramid or Christmas Tree 5 or 7 mm; Steel Christmas Tree 6mm, Steel RT Compression 6mm. More detailed track timetable by race at: <https://bmaf.opentrack.run/en-gb/x/2024/GBR/ema-inter-area-indoors/event/>

Track timetable

10:30	60m hurdles	M35 M50 M60
10:45	60m hurdles	W35 (W40 heights) W50 W60
11:15	1500	W35 W50 W60 W70
11:45	1500	M35 M50 M60 M70
12:10	400	W35 W50 W60 W70
12:30	400	M35 M50 M60 M70
12:55	2000 walk	W35 W50 W60
13:30	60	W35 W50 W60 W70
13:44	60	M35 M50 M60 M70
14:00	Lunch break for track officials	
14:30	800	W35 W50 W60 W70
14:50	800	M35 M50 M60 M70
15:15	200	W35 W50 W60 W70
15:40	200	M35 M50 M60 M70
16:10	2000 walk	M35 M50 M60
16:45	4x200 relay	M35 M50 M60
17:05	4x200 relay	W35 W50 W60

Field timetable

4 jumps/throws except HJ and PV which will be run under normal UKA rules.

F01/F02	10:30	Long Jump	M35 M50
F03/F04	10:30	Pole Vault	W35 W50
F05/F06	10:30	Shot Put	W35 W50
F07/F08	12:00	Shot Put	W60 W70
F09/F10	12:30	Long Jump	W35 W50
F11/F12	13:00	Shot Put	M60 M70
F13/F14	13:30	Pole Vault	M35 M50
F15/F16	14:00	Triple Jump	M35 M50
F17/F18	14:00	Shot Put	M35 M50
F19-F22	15:00	High Jump	Bed A W35 W50 Bed B W60 W70
F23/F24	15:30	Long Jump	W60 W70
F25/F26	16:15	Long Jump	M60 M70
F27-F30	16:30	High Jump	Bed A M35 M50 Bed B M60 M70
F31/F32	17:00	Triple Jump	W35 W50