



England Masters Athletics Association

Inter-Area Indoors Track and Field Challenge 2024

Lee Valley Athletics Centre, Edmonton N9 0AR

Sunday, 25 February 2024

PROVISIONAL TIMETABLE *subject to change depending on number of teams and number of athletes entered.

Track timetable

| | | |
|--------------|----------------------------------------|-----------------|
| 10:30 | 60m hurdles | M35 M50 M60 |
| 10:45 | 60m hurdles | W35 W50 W60 |
| 11:15 | 1500 | W35 W50 W60 W70 |
| 11:50 | 1500 | M35 M50 M60 M70 |
| 12:10 | 400 | W35 W50 W60 W70 |
| 12:25 | 400 | M35 M50 M60 M70 |
| 12:40 | 2000 walk | W35 W50 W60 |
| 13:20 | 60 | W35 W50 W60 W70 |
| 13:40 | 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 |
| 16:05 | 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.

| | | |
|-------|-------------|-----------------------------------|
| 10:30 | Long Jump | M35 M50 |
| 10:30 | Pole Vault | W35 W50 M35 M50 (PBs over 2.60m) |
| 10:30 | Shot | W35 W50 |
| 12:30 | Long Jump | W35 W50 |
| 12:30 | Shot | W60 W70 |
| 13:15 | Shot | M60 M70 |
| 13:30 | Pole Vault | W35 W50 M35 M50 (PBs under 2.60m) |
| 14:00 | Triple Jump | M35 M50 |
| 14:00 | Shot | M35 M50 |
| 15:00 | High Jump | W35 W50 W60 W70 |
| 15:30 | Long Jump | W60 W70 |
| 16:15 | Long Jump | M60 M70 |
| 16:30 | High Jump | M35 M50 M60 M70 |
| 17:00 | Triple Jump | W35 W50 |