



England Masters Athletics Association

Inter-Area Outdoors Track and Field Challenge 2025

University of York Athletics Stadium Heslington, York, YO10 5NA

Sunday, 17 August 2025 PROVISIONAL *TIMES and EVENTS MAY CHANGE*

6 throws and 6 horizontal jumps; see rules for other jumps

Track					
10:30	110mH	M35	Lunch Break		
10:40	100mH	M50			
10:50	100mH	M60	14:35	800m	W35
11:00	80mH	W35 (W40 hts)	14:40	800m	W50
11:05	80mH	W50	14:45	800m	W60
11:15	80mH	W60	14:50	800m	W70
11:25	2000m Walk	W35/W50/W60	14:55	800m	M35
11:45	2000m Walk	M35/M50/M60	15:00	800m	M50
12:10	1500m	W35/W50	15:05	800m	M60
12:20	1500m	W60/W70	15:10	800m	M70
12:30	1500m	M35/M50	15:20	200m	W35
12:40	1500m	M60/M70	15:25	200m	W50
12:55	400m	W35	15:30	200m	W60
13:01	400m	W50	15:35	200m	W70
13:07	400m	W60	15:40	200m	M35
13:13	400m	M35	15:45	200m	M50
13:19	400m	M50	15:50	200m	M60
13:25	400m	M60	15:55	200m	M70
13:35	100m	W35	16:05	3000m	W35/W50/W60
13:41	100m	W50	16:25	3000m	M35/M50/M60
13:47	100m	W60	16:50	4 x 100m	W35
13:53	100m	W70	16:55	4 x 100m	W50
14:00	100m	M35	17:00	4 x 100m	W60
14:06	100m	M50	17:05	4 x 100m	M35
14:12	100m	M60	17:10	4 x 100m	M50
14:18	100m	M70	17:15	4 x 100m	M60

Field		
10:00	Discus	W35/W50
10:00	Shot Put- pit 2	M60/M70
10:00	Long Jump	W60/W70
10:00	High Jump	M35/M50
10:30	Pole Vault	W35/W50
11:30	Discus	M35/M50
11:30	Shot Put- pit 2	W35/W50
11:30	Long Jump	M60/M70
12:10	Pole Vault	M35/M50
12:10	High Jump	W35/W50
13:00	Discus	M60/W60
13:00	Shot Put – pit 2	M35/M50
13:00	Long Jump	M35/M50
14:00	Shot Put – pit 1	W60/W70
14:30	Hammer	W35/W50
14:30	Javelin	M35/M50
14:30	Long Jump	W35/W50
16:00	Javelin	W35/W50
16:00	Hammer	M35/M50
16:00	Triple Jump	M35/M50
17:00	Triple Jump	W35/W50
*Shot Pit 1 – Grass; Pit 2 – gravel		