



England Masters Athletics Association
PROVISIONAL TIMETABLE (Times may change)

Inter-Area Outdoors Track and Field Challenge 2024

Rockingham Triangle Athletics Stadium, Jimmy Kane Way,

Rockingham Rd, Corby NN17 2FB

Saturday 07 September 2024

TIMETABLE

	<u>Track</u>			<u>Field</u>		
10.30	400mH	M35		10.00	Discus	M35/M50
10.40	400mH	M50			Long Jump	M35/M50
10.50	400mH	W35		11.00	Pole Vault	W35/W50
11.00	300mH	M60			Shot	W35/W50
11.05	300mH	W50		11.20	Discus	W35/W50
11.15	300mH	W60			Long Jump	W35/W50
11.25	2000m Walk	W35/W50/W60		12.40	Hammer	M35/W50
11.45	1500m	W35/W50		13.00	High Jump	W35/W50 /W60
11.55	1500m	W60/W70			Shot	M60/M70
12.05	1500m	M35/M50		13.30	Triple Jump	M35/M50
12.15	1500m	M60/M70		14.00	Pole Vault	M35/M50
12.25	400m	W35			Hammer	W35/W50
12.33	400m	W50		14.15	Shot	W60/W70
12.41	400m	W60		15.00	Triple Jump	W35/W50
12.49	400m	W70		15.20	Javelin	M35/M50
12.57	400m	M35		15.30	High Jump	M35/M50/ M60
13.05	400m	M50			Shot	M35/M50
13.13	400m	M60		16.30	Long Jump	M60/M70
13.20	400m	M70			Long Jump	W60/W70
13.30	100m	W35		16.50	Javelin	W35/W50
13.36	100m	W50				
13.42	100m	W60				
13.48	100m	W70				
13.54	100m	M35				

14.00	100m	M50				
14.06	100m	M60				
14.12	100m	M70				
LUNCH	BREAK					
14.30	800m	W35				
14.35	800m	W50				
14.40	800m	W60				
14.45	800m	W70				
14.50	800m	M35				
14.55	800m	M50				
15.00	800m	M60				
15.05	800m	M70				
15.15	200m	W35				
15.21	200m	W50				
15.27	200m	W60				
15.33	200m	M35				
15.39	200m	M50				
15.45	200m	M60				
15.55	2000m Walk	M35/M50/M60				
16.15	3000m	W35/W50				
16.35	3000m	M35/M50				
16.55	4 x 100m	W35				
17.05	4 x 100m	W50				
17.15	4 x 100m	W60				
17.25	4 x 100m	M35				
17.35	4 x 100m	M50				
17.45	4 x 100m	M60				

PRESENTATIONS