

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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Track** |  |  |  | **Field** |  |
| 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**