

**BRITISH MASTERS OPEN DECATHLON/HEPTATHLON
CHAMPIONSHIPS
SUNDAY 15TH JULY 2018**

**PROVISIONAL TIMETABLE [SUNDAY]
[BASED ON ENTRIES FOR THE EVENT IN 2017]**

DECATHLON				09.30 to 17.37 Hours	
Event			Competitors		
T23	09.30	80m/100m Hurdles	Men M60+		
T24	09.40	100m Hurdles	Men M55		
T25	10.15	100m Hurdles	Men M50		
T26	10.25	110m Hurdles	Men M45		
T27	10.35	110m Hurdles	Men M40		
T28	11.15	110m Hurdles	Men M35		
T29	11.25	110m Hurdles	Senior Men		
F14	10.15	Discus [E]	Pool C – Men M55+		
F15	11.00	Discus [E]	Pool B – Men M50 / M45 / M40		
F17	12.00	Discus [E]	Pool A – Men M35 + Senior Men		
F16	11.30	Pole Vault – Bed B	Pool C - Men M55+		
F19	12.30	Pole Vault – Bed A	Pool B - Men M50 / M45 / M40		
F22	13.30	Pole Vault – Bed B	Pool A - Men M35 + Senior Men		
F24	14.30	Javelin [Top]	Pool C – Men M55+		
F25	15.30	Javelin [Top]	Pool B – Men M50 / M45 / M40		
F26	16.30	Javelin [Top]	Pool A – Men M35 + Senior Men		
T32	15.50	1500m	Men M55+		
T33	17.20	1500m	Men M50 / M45 / M40		
T34	17.30	1500m	Men M35 + Senior Men		
HEPTATHLON					
				12.00 to 14.50 Hours	
Event			Competitors		
F18	12.00	Long Jump	Women W50+		
F20	12.35	Long Jump	Women W40 W35 + Senior Women		
F21	13.15	Javelin [Top]	Women W50+		
F23	13.50	Javelin [Top]	Women W40 W35 + Senior Women		
T30	14.30	800m	Women W50+		
T31	14.45	800m	Women W40 W35 + Senior Women		