

BRITISH MASTERS OPEN DECATHLON/HEPTATHLON
CHAMPIONSHIPS
SATURDAY 29TH JUNE 2019

PROVISIONAL TIMETABLE [SATURDAY]
[TIMES AFTER START SUBJECT TO CHANGE, WITH ATHLETES
AGREEMENT. DECLARATIONS COULD ALSO ALTER POOL MAKEUP.]

DECATHLON				10.00 to 18.17 Hours
Event				Competitors 2018
T1	10.00	100m	Men M60+	6
T2	10.10	100m	Men M55	8
T3	10.40	100m	Men M50	5
T4	10.47	100m	Men M45 / M40	8
T5	10.55	100m	Men M35 /Senior	5
F1	10.35	Long Jump	Pool B – Men M55+	14
F2	11.15	Long Jump	Pool A – Men M50/M45 /M40/M35/Senior	18
F3	11.30	Shot [I]	Pool B – Men M55+	14
F4	12.30	Shot [I]	Pool A – Men M50/M45 /M40/M35/Senior	18
F6	14.00	High Jump	Pool B – Men M55+	14
F8	15.45	High Jump	Pool A – Men M50/M45 /M40/M35/Senior	18
T12	16.20	400m	Men M60+	6
T13	16.30	400m	Men M55	8
T14	17.55	400m	Men M50	5
T15	18.05	400m	Men M45 / M40	8
T16	18.15	400m	Men M35 /Senior	5
HEPTATHLON				11.15 to 16.11 Hours
Event				Competitors 2018
T6	11.15	80m Hurdles	Women W50+	5
T7	11.25	80m Hurdles	Women W45 / W40	4
T8	11.35	100m Hurdles	Women W35	5
F5	12.30	High Jump	Women	14
F7	14.30	Shot [I]	Women	14
T9	15.50	200m	Women W50+	5
T10	16.00	200m	Women W45 / W40	4
T11	16.10	200m	Women W35	5

Indicates EDM

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DECATHLON				09.30 to 16.50 Hours
Event				Competitors 2018
T17	09.30	80m/100m Hurdles	Men M60+	6
T18	09.40	100m Hurdles	Men M55	8
T19	10.05	100m Hurdles	Men M50	5
T20	10.15	110m Hurdles	Men M45 / M40	8
T21	10.25	110m Hurdles	Men M35 / Seniors	5
F9	10.05	Discus [I]	Pool C – Men M55+	14
F11	11.00	Discus [I]	Pool A/B – Men M50/M45 /M40/M35/Sen.	18
F12	11.15	Pole Vault	Pool C – Men M55+	14
F14	12.05	Pole Vault [Indoors]	Pool B – Men M50/M45	9
F15	13.40	Pole Vault	Pool A – Men M40/M35/Senior	9
F16	14.10	Javelin [E]	Pool C – Men M55+	14
F17	15.00	Javelin [E]	Pool B – Men M50/M45	9
F18	15.40	Javelin [E]	Pool A – Men M40/M35/Senior	9
T24	15.15	1500m	Men M55+	14
T25	16.00	1500m	Men M50 / M45	9
T26	16.40	1500m	Men M40 / M35 / Senior	9
HEPTATHLON				10.55 to 13.50 Hours
Event				Competitors 2018
F10	10.55	Long Jump	Women	14
F13	11.50	Javelin [E]	Women	14
T22	13.00	800m	Women W40+	9
T23	13.15	800m	Women W35	5

Indicates EDM