BRITISH MASTERS INDOOR CHAMPIONSHIPS 2020
LEE VALLEY – SATURDAY 7TH MARCH

TRACK TIMETABLE 1/2

No	Time	Event	Age	H/F	Comps			
T001	9.30	**60m Hurdles**	W65+	FINALS	4	68.6	12X7X20	SPECIAL
T003	9.36		W60	FINAL	4	68.6	12X7X20	SPECIAL
			M80	FINAL	1	68.6	12X7X20	SPECIAL
T006	9.44		M70	FINAL	1	76.2	12X7X20	SPECIAL
			W55 W50	FINALS	3+1	76.2	12X7X20	SPECIAL
T007	9.52		W45	FINAL	4	76.2	12X8X16	SPECIAL
T008	9.58		W40	FINAL	4	76.2	12X8X16	SPECIAL
T002	10.06		M65 M60	FINALS	1+5	84.0	12X8X16	SPECIAL
T009	10.12		W35	FINAL	3	84.0	13X8.5	YELLOW
T004	10.20		M55	FINAL	7	91.4	13X8.5	YELLOW
T005	10.26		M50	FINAL	3	91.4	13X8.5	YELLOW
T010	10.34		M45	FINAL	5	99.1	13.7X9.14	BLUE
T011	10.40		M40	FINAL	4	99.1	13.7X9.14	BLUE
			M35	FINAL	3	99.1	13.7X9.14	BLUE
T012	10.50	**60m Sprint**	M60	3 HEATS	16			
T013	11.05		M55	3 HEATS	21			
T014	11.20		M50	2 HEATS	13			
T015	11.30		M45	3 HEATS	19			
T016	11.45		M40	3 HEATS	17			
T017	12.00		M35	2 HEATS	14			
T018	12.10		M90 M80	FINALS	1+3			
T019	12.15		W80 W75 W70	FINALS	1+2+2			
T020	12.20		M75	FINAL	5			
T021	12.25		M70	FINAL	4			
T022	12.30		M65	B FINAL	9			
				A FINAL				
T023	12.38		W65	FINAL	8			
T024	12.43		W60	FINAL	4			
T025	12.48		W55	B FINAL	9			
				A FINAL				
T026	12.56		W50	B FINAL	9			
				A FINAL				
T027	13.04		W45	B FINAL	10			
				A FINAL				
T028	13.12		W40	FINAL	8			
T029	13.17		W35	FINAL	8			
T030	13.22		M60	FINAL	Q			
T031	13.27		M55	FINAL	Q			
T032	13.32		M50	FINAL	Q			
T034	13.37		M45	FINAL	Q			
T035	13.42		M40	FINAL	Q			
T036	13.47		M35	FINAL	Q			
	LUNCH BREAK							
T037	14.40	**400m**	M75+	FINALS	1+1+3			
T038	14.47		M70	B FINAL	7			
				A FINAL				
T039	14.54		M65	B FINAL	9			
				A FINAL				
T040	15.04		W60+	FINALS	1+1+2			
T041	15.11		M60	B FINAL	10			
				A FINAL				
T042	15.21		W55	FINAL	4			
T043	15.27		M55	B FINAL	10			
				A FINAL				
T044	15.37		W50	FINAL	5			
T045	15.43		M50	FINAL	6			
T046	15.49		W45	B FINAL	10			
				A FINAL				
T047	15.59		M45	B FINAL	9			
				A FINAL				
T048	16.09		W40	FINAL	4			
T049	16.15		M40	B FINAL	7			
				A FINAL				
T050	16.25		W35	FINAL	3			
T051	16.31		M35	B FINAL	7			
				A FINAL				

BRITISH MASTERS INDOOR CHAMPIONSHIPS 2020
LEE VALLEY – SATURDAY 7TH MARCH
TRACK TIMETABLE 2/2

No	Time	Event	Age	H/F	
T052	16.45	**1500m**	M65+	FINALS	16
T053	16.55		W60+	FINALS	7
T054	17.05		M60	FINAL	12
T055	17.15		W55 W50	FINALS	8
T056	17.23		M55	FINAL	10
T057	17.31		M50	FINAL	8
T058	17.39		W45 > W35	FINALS	12
T059	17.47		M45	FINAL	10
T060	17.55		M40	FINAL	8
T061	18.03		M35	FINAL	8

18.10 FINISH

PLEASE NOTE THAT ATHLETES NOT AT THE START WHEN REQUIRED WILL NOT BE ALLOWED TO RUN NO EVENT WILL BE DELAYED TO AWAIT THE LATE ARRIVAL OF ANY ATHLETE

NOTICE REGARDING HEATS AND FINALS

A & B FINALS WILL BE RUN IN ALL EVENTS WHERE THE NUMBER OF DECLARED ATHLETES EXCEEDS THE NUMBER OF LANES AVAILABLE BY NO MORE THAN THREE.

IN THE 800M/1500M EVENTS THE LANES PLUS THREE RULE WILL NOT BE APPLIED BUT A DECISION WILL BE TAKEN ON THE DAY WHETHER OR NOT IT IS NECESSARY TO HAVE SEEDED A & B FINALS WHEN MORE THAN 9/12

IN ALL CASES OF A & B FINALS THE MEDALS WILL BE DECIDED ON THE TIMES ACHIEVED OVER BOTH RACES.

PROGRESSION FROM HEATS [60m, 200m and 400m]

2 Heats first 2 + 3/2 fastest times
3 Heats Winner + 3 fastest times
4 Heats Winner + 2 fastest times

PROGRESSION FROM HEATS [800m]

2 Heats first 3 + 3 fastest times

BRITISH MASTERS INDOOR CHAMPIONSHIPS 2020
LEE VALLEY – SUNDAY 9TH MARCH
TRACK TIMETABLE

No	Time	Event	Age	Heats	
T062	9.30	**200m**	M65	2 HEATS	12
T063	9.40		M60	2 HEATS	11
T064	9.50		M55	3 HEATS	16
T065	10.05		W45	2 HEATS	13
T066	10.15		M45	3 HEATS	14
T067	10.30		M40	2 HEATS	13
T068	10.40		W70+	FINALS	2+1+1
T069	10.45		M75+	B FINAL	3+1+1
				A FINAL	6
T070	10.55		M70	FINAL	6
T071	11.00		W65 W60	FINALS	4+2
T072	11.05		W55	B FINAL	9
				A FINAL	
T073	11.15		W50	B FINAL	8
				A FINAL	
T074	11.25		M50	B FINAL.	9
				A FINAL	
T075	11.35		W40	B FINAL	7
				A FINAL	
T076	11.45		W35	FINAL	4
T077	11.50		M35	B FINAL	9
				A FINAL	
T078	12.00		M65	FINAL	Q
T079	12.05		M60	FINAL	Q
T080	12.10		M55	FINAL	Q
T081	12.15		W45	FINAL	Q
T082	12.20		M45	FINAL	Q
T083	12.25		M40	FINAL	Q
T084	12.35	**3K Walk**	Men/Women	FINALS	8+6
		LUNCH BREAK			
T085	13.20	**800m**	M60	2 HEATS	11
T086	13.36	800m	M55	2 HEATS	12
T087	13.52	800m	W60+	FINALS	8
T088	14.00	800m	M70+	FINALS	9
T089	TBC	**3000m**	M50 M40 M35	FINALS	9+4+4
T090	TBC	800m	M65	FINAL	7
T091	TBC	3000m	M55 M45	FINALS	8+6
T092	TBC	800m	W55 W50	FINALS	3+5
T093	TBC	800m	W45	FINAL	7
T094	TBC	800m	W40 W35	FINALS	3+4
T095	TBC	3000m	M60	FINAL	11
T096	TBC	800m	M35	FINAL	7
T097	TBC	800m	M40	FINAL	7
T098	TBC	800m	M50	FINAL	8
T099	TBC	3000m	M65+	FINALS	13
T100	TBC	800m	M45	FINAL	9
T101	TBC	800m	M60	FINAL	Q
T102	TBC	800m	M55	FINAL	Q
T103	TBC	3000m	W65>W35	FINALS	12
	17.00	**FINISH**			

*** NOTE RE - 800m/3000m Events T89 beyond.**
It may be necessary for these events to be brought forward due to lower numbers of declarations.

IT IS, THEREFORE, ESSENTIAL THAT ANYONE WISHING TO COMPETE IN THESE EVENTS DECLARES BY 13.00 TO ALLOW THE RE-SORTING OF THESE RACES TO BE CARRIED OUT PROPERLY