

British Masters Open Indoor and Winter Throws Championships.

Lee Valley Athletics Centre, Edmonton, London N9 0AR
Sat. 9th / Sun. 10th March 2019 (Under UKA/IAAF/WMA Rules)

PROVISIONAL FIELD EVENTS TIMETABLE

Saturday 9th March			1000 to 1825 Hours	2018 ENTRY
1F	1000	Long Jump	Men M65+	10
2F	1000	Shot	Women W45 W40 W35	13
3F	1000	Hammer	Women W60+	7
4F	1030	Pole Vault	Women/Men M70+	8+3
5F	1040	Hammer	Men M70+	8
6F	1105	Shot	Women W55 W50	11
7F	1105	Long Jump	Men M60 M45	12
8F	1120	Hammer	Men M65	8
9F	1200	Shot	Women W60+	7
10F	1205	Hammer	Women W50 W45 W40 W35	10
11F	1220	Long Jump	Men M40 M35	10
12F	1255	Hammer	Women W55	8
13F	1325	Long Jump	Men M55 M50	11
14F	1340	Discus	Men M60 M55	13
15F	1340	Shot	Men M70+	11
16F	1420	High Jump [B1]	Women	13
17F	1430	Discus	Men M50	8
18F	1435	Shot	Men M65	9
19F	1435	Long Jump	Women W60+	12
20F	1505	Discus	Men M45 M40 M35	10
21F	1550	Long Jump	Women W55 W50 W45	11
22F	1555	Weight	Women W55+	14
23F	1600	High Jump [B1]	Men M55+	12
24F	1600	Javelin	Men M60 M55	12
25F	1650	Weight	Women W50 W45 W40 W35	9
26F	1655	Javelin	Men M50 M45 M40 M35	14
27F	1700	Long Jump	Women W40 W35	11
28F	1735	Weight	Men M65+	15

PLEASE NOTE:

Firstly, thank you for continuing to support these Championships and in increasing numbers. However, this also brings its own problems, as we are struggling to slot everything in, as we have to ensure we finish at a reasonable time [and in daylight]. We therefore are going to be very strict with warm up throws and will continue as previously stated, with only 4 trials [not 6] in the Outdoor events. Jumpers will be restricted to a minimum of trials to establish your run up.

Sunday 10th March			1000 to 1710 Hours	
29F	1000	High Jump	Men M50 M45 M40 M35	12
30F	1000	Hammer	Men M50 M45 M40 M35	12
31F	1000	Triple Jump	Women W55+	8
32F	1000	Shot	Men M60 M55	11
33F	1100	Triple Jump	Men M65+	8
34F	1110	Shot	Men M50 M45	11
35F	1115	Discus	Men M70+	10
36F	1200	Discus	Men M65	8
37F	1200	Triple Jump	Men M45 M40 M35	9
38F	1220	Shot	Men M40 M35	10
39F	1250	Hammer	Men M60 M55	12
40F	1315	Triple Jump	Men M60 M55 M50	12
41F	1330	Pole Vault	Men M65 M60 M55 M50 M45 M40 M35	16
42F	1355	Discus	Women W55+	9
43F	1435	Discus	Women W50 W45 W40 W35	8
44F	1440	Triple Jump	Women W50 W45 W40 W35	8
45F	1505	Javelin	Men M65+	11
46F	1525	Weight	Men M50 M45 M40 M35	14
47F	1550	Javelin	Women W50+	8
48F	1625	Weight	Men M60 M55	11
49F	1625	Javelin	Women W45 W40 W35	10

Refer to Notes below Saturdays Timetable