

# BRITISH MASTERS INDOOR CHAMPIONSHIPS 2019

## PROVISIONAL TIMETABLE [BASED ON ENTRIES FOR 2018]

<b>Saturday 9th March</b>			<b>0930 to 1815 Hours</b>
<b>Track</b>	<b>[Oldest athletes first on and alternating Women and Men Age Groups]</b>		
0930	60m Hurdles	Men and Women	Finals
1040	60m	Men and Women	H/F
1430	400m	Men and Women	H/F
1708	1500m	Men and Women	Finals
<b>FINISH 18.15</b>			
<b>Sunday 10th March</b>			<b>0930 to 17.30 Hours</b>
<b>Track</b>	<b>[Oldest athletes first on and alternating Women and Men Age Groups]</b>		
0930	200m	Men and Women	H/F
1225	3000m Walk	Men and Women	Finals
1330	800m	Men M55 M50 M45 } <b>ALL ATHLETES TO</b>	Heats
	800m	Men M70+ Women W65+ }	Finals
	3000m	Men M50 M40 M35 } <b>DECLARE</b>	Finals
	800m	Men M65 }	Finals
	800m	Men M60 }	Finals
to	3000m	Men M55 M45 } <b>BY 12.30 TO ALLOW</b>	Finals
	800m	Women W60 W50 }	Finals
	800m	Women W55 W45 }	Finals
	800m	Women W40 W35 } <b>MEANINGFUL SEEDING</b>	Finals
	800m	Men M40 }	Finals
	800m	Men M35 }	Finals
finish at	3000m	Men M60 }	Finals
	3000m	Men M65+ }	Final
	800m	Men M55 } <b>TIMINGS TO OCCUR.</b>	Q
	800m	Men M50 }	Q
	800m	Men M45 }	Q
1730	3000m	Women W75 > W35 }	Finals

### PLEASE BE AWARE:

We will try to separate associated events as best we can, but we cannot guarantee that these events will not clash. Should these events clash then we will try and move one of your events to another time. However if that is the case then as you are not competing with the pool of athletes in your age group, then you will not be part of the Championship for that event and thus will not be entitled to a listing or medal, as you are not participating at the same time.

Please bear that in mind when you are entering multiple events.

