

# BRITISH MASTERS INDOOR CHAMPIONSHIPS 2018

## PROVISIONAL TIMETABLE [BASED ON ENTRIES FOR 2017]

<b>Saturday 10th March</b>			<b>0930 to 1805 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
1050	60m	Men and Women	H/F
1450	400m	Men and Women	H/F
1650	1500m	Men and Women	Finals
<b>Sunday 11th March</b>			<b>0930 to 17.05 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
1215	3000m Walk	Men and Women	Finals
1330	800m	Men M55 M50 } <b>ALL ATHLETES TO</b>	Heats
	800m	Men M70+ Women W60+ }	Finals
	3000m	Men M45 M40 M35 } <b>DECLARE</b>	Finals
	800m	Men M65 M60 }	Finals
to	3000m	Men M55 M50 } <b>BY 12.30 TO ALLOW</b>	Finals
	800m	Women W55 W50 }	Finals
	800m	Women W45 W40 W35 }	Finals
	800m	Men M40 }	Finals
	800m	Men M35 }	Finals
finish at	3000m	W60+ M60 } <b>MEANINGFUL SEEDING</b>	Finals
	800m	Men M45 }	Finals
	3000m	Men M65+ } <b>TIMINGS TO OCCUR.</b>	Finals
	800m	Men M55 }	Q
	800m	Men M50 }	Q
1700	3000m	Women W55 > W35 }	Finals

<b>Saturday 10th March</b>			<b>1000 to 1830 Hours</b>
<b>Field</b>			
1000	Long Jump	Men M60+	
1000	Shot	Women W50 W45 W40 W35	
1000	Hammer	Women W55+	
1030	Pole Vault	Women/Men M70+	
1100	Hammer	Men M75+ M65	
1115	Shot	Women W55	
1125	Long Jump	Men M45	
1145	Hammer	Women W50 W45 W40	
1210	Shot	Women W60+	
1230	Long Jump	Men M40 M35	
1235	Hammer	Men M70	
1335	Long Jump	Men M55 M50	
1345	Discus	Men M60 M55	
1345	Shot	Men M75 M65	
1420	High Jump [B1]	Women W50 W45 W40 W35	
1440	Shot	Men M80+ M70	
1440	Discus	Men M50 M45 M40 M35	
1445	Long Jump	Women W60+	
1540	High Jump [B2]	Men M55+	
1555	Long Jump	Women W55 W50	
1600	Weight	Women W55+	

1600	Javelin	Men M60 M55	
1640	Javelin	Men M50 M45 M40 M35	
1640	Weight	Women W50 W45 W40	
1700	High Jump [B1]	Women W55+	
1720	Weight	Men M65+	
1725	Long Jump	Women W45 W40 W35	
<b>Sunday 11th March</b>		<b>1000 to 1650 Hours</b>	
<b>Field</b>			
1000	High Jump	Men M50 M45 M40 M35	
1000	Hammer	Men M50 M45 M40	
1000	Triple Jump	Women W55+	
1000	Shot	Men M60	
1045	Shot	Men M55 M50	
1100	Discus	Men M70+	
1100	Triple Jump	Men M65+	
1145	Discus	Men M65	
1200	Triple Jump	Men M45 M40 M35	
1210	Shot	Men M45 M40 M35	
1230	Pole Vault	Men M60 M55 M50 M45 M40 M35 <b>[3.40m and below]</b>	
1300	Hammer	Men M60 M55	
1330	Triple Jump	Men M60 M55 M50	
1350	Discus	Women	
1430	Javelin	Men M65+	
1500	Pole Vault	Men M55 M50 M45 M40 M35 <b>[3.45m and above]</b>	
1500	Weight	Men M50 M45 M40	
1500	Triple Jump	Women W50 W45 W40	
1530	Javelin	Women	
1545	Weight	Men M60 M55	

**Due to time constraints the External Throws will have only four trials in each event.**

**PLEASE BE AWARE:**

**We have tried 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.**