

**BMAF Indoor Pentathlon and 3000m Championship (+Winter Open)  
26<sup>th</sup> January 2025 - EIS, Sheffield**

**Provisional Timetable**

<b>Start</b>	<b>Event</b>	<b>Limit</b>
10:00	60H Pent	
10:00	Shot Put Open (Women)	15
10:00	Triple Jump Open (All)	14
10:50	60m Open (All)	70
11:50	2000m Walk (Open)	15 each gender
12:30	3000m (Women)	
13:15	3000m (Men)	
13:30	High Jump Open (All)	8
14:45	200m Open (All)	72
15:45	800m Open (All)	58
15:45	Long Jump Open (All)	19
	Shot Put Open (Men)	15
16:45	4 x 200m Relays	30 teams

As with all Combined Events (CE) competitions, the subsequent events will follow on as per CE rules.

Teams entering relays will need to fulfil rules regarding gender and age group if aiming for a record.