

**BMAF INDOOR PENTATHLON & 3000M
CHAMPIONSHIPS AND OPEN EVENTS
24 JANUARY 2026, CARDIFF
DRAFT TIMETABLE**

Time	Event	Gender	Max No. Athletes
10:00	Triple Jump - Open	All	14
10:00	Shot - Open	Women	15
10:00	60m H Pent	Women	
	60m H Pent	Men	
	Long Jump Pent	Men	
11:15	60m - Open	All	70
11:50	2000m Walk - Open	All	
	Shot - Pent	Men	
	High Jump - Pent	Women	
12:10	3000m	Women	
12:55	3000m	Men	
	Shot - Pent	Women	
13:55	High Jump - Open	All	8
	High Jump - Pent	Men	
	Long Jump - Pent	Women	
14:45	200m - Open	All	54
15:45	Shot - Open	Men	15
15:45	800m - Open	All	20
	800m - Pent	Women	
16:00	Long Jump - Open	All	19
	1000m - Pent	Men	

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