

BMAF WINTER LONG THROWS CHAMPIONSHIPS

7-8 MARCH 2026

DRAFT TIMETABLE

Saturday 7th March

Sunday 8th March

No.	Time	Event	Age Group(s)		No.	Time	Event	Age Group(s)
F01	10:00	Hammer	M35-45		F19	10:00	Hammer	M60-65
F02	10:00	Shot - Open	W35-55		F20	10:00	Javelin	W60 up
F03	10:36	Hammer	M50-55		F21	10:00	Shot - Open	M70 up
F04	11:35	Discus	M35-45		F22	11:00	Hammer	W60 up
F05	11:41	Hammer	W35-40		F23	11:20	Shot - Open	M60-65
F06	12:25	Discus	M50-55		F24	12:15	Hammer	M70 up
F07	12:31	Hammer	W45-55		F25	12:30	Discus	M60
F08	13:30	Shot - Open	M50-55		F26	13:20	Weight	W60 up
F09	13:30	Discus	W35-45		F27	13:20	Javelin	M60
F10	14:25	Shot - Open	M35-45		F28	13:30	Discus	M65-70
F11	14:25	Discus	W50-55		F29	14:00	Shot - Open	W60 up
F12	14:30	Javelin	W35-45		F30	14:30	Weight	M70 up
F13	15:10	Weight	M35-45		F31	15:20	Javelin	M65 up
F14	15:25	Javelin	W50-55		F32	15:25	Discus	W60 up
F15	15:45	Weight	W35-55		F33	16:30	Discus	M75 up
F16	16:10	Javelin	M50-55		F34	16:40	Weight	M60-65
F17	17:00	Weight	M50-55					
F18	17:05	Javelin	M35-45					