

BMAF WINTER LONG THROWS CHAMPIONSHIPS
7-8 MARCH 2026
FINAL 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	10:00	Hammer	M50-55	F21	10:00	Shot - Open	M70 up
F04	11:25	Discus	M35-45	F22	10:55	Javelin	M75 up
F05	11:30	Javelin	W50-55	F23	11:10	Hammer	W60 up
F06	11:41	Hammer	W35-45	F24	11:30	Shot - Open	M60-65
F07	12:50	Hammer	W50-55	F25	11:55	Hammer	M70 up
F08	12:55	Discus	M50-55	F26	12:40	Javelin	M60
F09	13:30	Discus	W35-45	F27	12:50	Weight	W60 up
F10	14:00	Shot - Open	M50-55	F28	13:55	Discus	M60
F11	14:25	Shot-Open	M35-45	F29	14:40	Discus	W60 up
F12	14:25	Discus	W50-55	F30	13:50	Discus	M65 - 70
F13	14:30	Javelin	W35-45	F31	14:50	Javelin	M65 - 70
F14	15:30	Weight	M35-45	F32	15:10	Discus	M75 up
F15	15:45	Javelin	M50-55	F33	15:35	Weight	M65
F16	16:05	Weight	W35-55	F34	15:50	Weight	M60 + M70
F17	16:45	Weight	M50-55	F35	16:00	Shot - Open	W60 up
F18	17:05	Javelin	M35-45	F36	16:30	Weight	M75 up