



# Outdoor Pentathlon and 5000m Championships

Birmingham – 14<sup>th</sup> September 2024

## Final Timetable

Colour coded for ease of reference

PENTATHLON			
F01	1000	Long Jump	Men M55, M75
F02	1000	Long Jump	Men M60-M70
T01	1000	100m Hurdles	Women W35
T02	1010	80m Hurdles	Women W40 + W45
T03	1020	80m Hurdles	Women W50 + W55
T03	1030	80m Hurdles	Women W60+
F03	1050	High Jump	Women W35 – W45
F04	1050	High Jump	Women W50+
F05	1100	Long Jump	Men M35, M40
F06	1100	Long Jump	Men M45, M50
F07	1100	Javelin	Men M55, M75
F08	1150	Javelin	Men M60 – M70
F09/10	1225	Shot	Women
F11	1230	Javelin	Men M35, M40
F12	1240	Javelin	Men M45, M50
T04	1300	200m	Men M55, M75
T05	1310	200m	Men M60-M70
T06	1320	200m	Men M35-M40
F13	1325	Long Jump	Women W35-W45
F14	1325	Long Jump	Women W50+
T07	1340	200m	Men M45-M50
F15	1340	Discus	Men M55, M75
T08	1420	800m	Women W35-W45
T09	1425	800m	Women W50+

F16	1425	Discus	Men M60-M70
F17	1520	Discus	Men M35, M40
T10	1530	1500m	Men M55, M75
T11	1540	1500m	Men M60, M70
F18	1605	Discus	Men M45, M50
T12	1620	1500m	Men M35, M40
T13	1700	1500m	Men M45, M50

5000m RUNS and WALK; 4 x 800m relay		
Event		
X01	1100	5000m Walk Male & Female
X02	1230	5000m (M55-65)
X03	1350	5000m (M35-50)
X04	1500	5000m (M70+ & Female)
X05	1600	4 x 800m Relay

The timetable will, as always, be flexible for the combined events.