

BMAF WINTER LONG THROWS CHAMPIONSHIPS

2-3 MARCH 2024

Saturday 2nd March

No.	Time	Event	Age Group(s)
F01	10:00	Hammer	M35-45
F02	10:00	Shot – Open	W35-55
F03	10:36	Hammer	M50-55
F04	11:35	Discus	M35-45
F05	11:41	Hammer	W35-40
F06	12:25	Discus	M50-55
F07	12:31	Hammer	W45-55
F08	13:30	Shot – Open	M50-55
F09	13:30	Discus	W35-45
F10	14:25	Shot – Open	M35-45
F11	14:25	Discus	W50-55
F12	14:30	Javelin	W35-45
F13	15:10	Weight	M35-45
F14	15:25	Javelin	W50-55
F15	15:45	Weight	W35-55
F16	16:10	Javelin	M50-55
F17	17:00	Weight	M50-55
F18	17:05	Javelin	M35-45

Sunday 3rd March

No.	Time	Event	Age Group(s)
F19	10:00	Hammer	M60-65
F20	10:00	Javelin	W60 up
F21	10:00	Shot – Open	M70 up
F22	11:00	Hammer	W60 up
F23	11:20	Shot – Open	M60-65
F24	12:15	Hammer	M70 up
F25	12:30	Discus	M60
F26	13:20	Weight	W60 up
F27	13:20	Javelin	M60
F28	13:30	Discus	M65-70
F29	14:00	Shot – Open	W60 up
F30	14:30	Weight	M70 up
F31	15:20	Javelin	M65 up
F32	15:25	Discus	W60 up
F33	16:30	Discus	M75 up
F34	16:40	Weight	M60-65