

BMAF Indoor Pentathlon and 3000m Championship (+Winter Open)
Final Timetable

Start	Event
10.00	60m H Pent (W60+ and M80)
10.05	60m H Open W60+
10.15	60m H Pent W50 + W55 and M70 + M75
10.25	60m H Open W55 and M75; Pent W40+W45
10.35	60m H Pent M60
10.40	60m H Pent M65
10.45	Triple Jump Open
10.50	60m H Pent W35
11.00	60m H Pent M50 and M55
11.10	60m H Pent M35 & M45
11.15	60m H Pent M40 (2 races)
11.35	60m Open Women
11.35	Long Jump Pent M55+
	High Jump Pent W55+
	High Jump Pent W35-50
11.40	60m Open Men
11.45	Long Jump Pent M45 & M50
11.50	400m Open Women
11.55	400m Open Men M45
12.00	400m Open Men M40, M50 & M55
12.05	400m Open M65-75
12.55	Shot Pent M55+
13.00	High Jump Open
	3000m W35-45
	Long Jump Pent M35-40
13.10	Shot Pent Women
13.15	3000m Women 50+
	Long Jump Open
13.30	3000m M35-45
13.45	3000m M50
14.00	3000m M55
14.05	Shot M45 - M50
14.15	High Jump M55+
	3000m M60
14.20	Long Jump Pent Women
14.30	3000m M65
	Shot Pent M35 & 40
14.45	3000m M70+
15.00	High Jump Pent M45 & 50
15.40	800m Pent W35 -40 & Open W35
15.45	800m Pent W50 - 55
15.50	800m Pent W60+ & Open W60

16.00 Shot Open
16.05 1000m Pent M45 - 50
16.10 High Jump Pent M40
16.15 800m Open M35-45
16.20 800m Open M50 - M55
16.25 800m Open M60 - M65
16.30 800m Open M70+
16.35 1000m Pent M55 & M60
16.45 High Jump Pent M35
1000m Pent M65+
17.35 1000m Pent M35
17.50 1000m Pent M40