

**BMAF INDOOR PENTATHLON & 3000M
CHAMPIONSHIPS AND OPEN EVENTS
26 JANUARY 2025, EIS, SHEFFIELD
FINAL TIMETABLE**

| No. | Time | Event | Gender | No. Athletes |
|-----|----------|--------------------|-----------|--------------|
| F1 | 10:00 | Triple Jump - Open | All | 13 |
| F2 | 10:00 | Shot - Open | Women | 13 |
| T1 | 10:00 | 60m H Pent | W60+ | 4 |
| T1 | 10:05 | 60m H Pent | W50, W55 | 8 |
| T2 | 10:08 | 60m H Pent | M70, M75 | 6 |
| T3 | 10:13 | 60m H Pent | W40, W45 | 8 |
| T4 | 10:18 | 60m H Pent | M65 | 5 |
| T2 | 10:21 | 60m H Pent | M60 | 10 (2 races) |
| T3 | 10:30 | 60m H Pent | W35 | 6 |
| T4 | 10:35/38 | 60m H Pent | M55 | 9 (2 races) |
| T05 | 10:43/46 | 60m H Pent | M50 | 12 (2 races) |
| F3 | 10:45 | Long Jump Pent | M60, M70+ | 16 |
| T6 | 10:51 | 60m H Pent | M40 | 7 |
| T6 | 10:53 | 60m H Pent | M35, M45 | 4 |
| T7 | 11:15 | 60m - Open | All | 7 races |
| F4 | 11:15 | Long Jump - Pent | M55, M65 | 12 |
| T8 | 11:50 | 2000m Walk - Open | All | 7 |
| F5 | 11:50 | Long Jump - Pent | M50 | 12 |
| F6 | 12:00 | Shot - Pent | M60, M70+ | 16 |
| F7 | 12:10 | High Jump - Pent | W50+ | 12 |
| F8 | 12:10 | High Jump - Pent | W35-45 | 14 |
| T9 | 12:10/25 | 3000m | Women | 2 races |
| F9 | 12:15 | Long Jump - Pent | M35-45 | 11 |
| F10 | 12:30 | Shot - Pent | M55, M65 | 12 |
| T10 | 12:55 | 3000m | M35 | 9 races |
| T10 | 13:05 | 3000m | M40 | |
| T10 | 13:15 | 3000m | M45 | |
| T10 | 13:27 | 3000m | M50 | |
| T10 | 13:39 | 3000m | M55 | |
| F11 | 13:40 | Shot - Pent | W50+ | 12 |
| T10 | 13:51 | 3000m 'B' Final | M60 | |
| F12 | 13:55 | High Jump - Open | All | 8 |
| F13 | 14:00 | Shot - Pent | W35-45 | 14 |
| T10 | 14:04 | 3000m 'A' Final | M60 | |

| | | | | |
|-----|-------|--------------------------|-----------|--------------|
| T10 | 14:15 | 3000m | M65 & M70 | |
| F14 | 14:20 | High Jump - Pent | M60, M70+ | 16 |
| F15 | 14:25 | Long Jump - Pent | W50+ | 12 |
| F16 | 14:25 | Shot - Pent | M50 | 12 |
| T10 | 14:30 | 3000m | M75+ | |
| T11 | 14:45 | 200m - Open | All | 9 races |
| F17 | 14:45 | Shot - Pent | M35-45 | 11 |
| F18 | 15:10 | Long Jump - Pent | W35-45 | 14 |
| F19 | 15:20 | High Jump - Pent | M55, M65 | 12 |
| F20 | 15:45 | Shot - Open | Men | 16 |
| T12 | 15:45 | 800m - Open | Women | 2 races |
| T13 | 15:55 | 800m - Pent | W50+ | 12 (1 race) |
| F21 | 16:00 | Long Jump - Open | All | 17 |
| T14 | 16:10 | 800m - Pent | W35-45 | 14 (1 race) |
| T15 | 16:20 | 800m - Open | Men | 5 races |
| F22 | 16:30 | High Jump - Pent | M50 | 12 |
| T16 | 16:45 | 1000m - Pent | M60, M70+ | 16 |
| R1 | 16:55 | 4 x 200m Relays- Open | All | To be agreed |
| T18 | 17:05 | 1000m - Pent | M55, M65 | 12 |
| F23 | 17:20 | High Jump - Pent | M35-45 | 11 |
| T17 | 18:00 | 1000m - Pent | M35-45 | 12 |
| T19 | 18:05 | 1000m - Pent | M50 | 11 |

As with all Combined Events (CE) competitions, the subsequent events will follow on as per CE rules. Times are approximate times and it is hoped that they may be earlier!

Teams entering relays will need to fulfil rules regarding gender and age group if aiming for a record.