

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

Provisional Timetable

Start	Event	Limit
10:00	60H Pent (Women and M55+)	
	60H Open (Women)	6
	60H Open (M55+)	6
10:30	Shot Put Open (Women)	15
10:45	Triple Jump Open (All)	12
11:00	60H Pent (M35-M50)	
	60H Open (M45-M50)	6
11:45	400m Open (All)	30
12:45	High Jump Open (All)	10
13:30	3000m Champs (Women)	
13:45	3000m Champs (Men)	
14:30	Long Jump Open (All)	12
14:45	4 x 200m Relay Open (All)	20
15:15	800m Open (Women)	25
16:00	Shot Put Open (Men)	15
16:00	800m Open (Men)	36

As with all Combined Events (CE) competitions, the subsequent events will follow on as per CE rules.

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