



England Masters Athletics Association

Inter-Area Outdoors Track and Field Challenge 2024

Rockingham Triangle Athletics Stadium, Jimmy Kane Way, Rockingham Road, Corby, NN17 2FB

Saturday 7 September 2024

Track					
10.30	400mH	M35		14.12	100m M70
10.40	400mH	M50		Lunch Break	
10.50	400mH	W35		14.30	800m W35
11.00	300mH	M60		14.35	800m W50
11.05	300mH	W50		14.40	800m W60
11.15	300mH	W60		14.45	800m W70
11.25	2000m Walk	W35/W50/W60		14.50	800m M35
11.45	1500m	W35/W50		14.55	800m M50
11.55	1500m	W60/W70		15.00	800m M60
12.05	1500m	M35/M50		15.05	800m M70
12.15	1500m	M60/M70		15.15	200m W35
12.25	400m	W35		15.21	200m W50
12.33	400m	W50		15.27	200m W60
12.41	400m	W60		15.33	200m M35
12.49	400m	W70		15.39	200m M50
12.57	400m	M35		15.45	200m M60
13.05	400m	M50		15.55	2000m Walk M35/M50/M60
13.13	400m	M60		16.15	3000m W35/W50
13.20	400m	M70		16.35	3000m M35/M50dt
13.30	100m	W35		16.55	4 x 100m W35
13.36	100m	W50		17.05	4 x 100m W50
13.42	100m	W60		17.15	4 x 100m W60
13.48	100m	W70		17.25	4 x 100m M35
13.54	100m	M35		17.35	4 x 100m M50
14.00	100m	M50		17.45	4 x 100m M60
14.06	100m	M60			

Field		
10.00	Discus	M35/M50
	Long Jump	M35/M50
11.00	Pole Vault	W35/W50
	Shot	W35/W50
11.20	Discus	W35/W50
	Long Jump	W35/W50
12.40	Hammer	M35/M50
13.00	High Jump	W35/W50/W60
	Shot	M60/M70
13.30	Triple Jump	M35/M50
14.00	Pole Vault	M35/M50
	Hammer	W35/W50
14.15	Shot	W60/W70
15.00	Triple Jump	W35/W50
15.20	Javelin	M35/M50
15.30	High Jump	M35/M50/M60
	Shot	M35/M50
16.30	Long Jump	M60/M70
	Long Jump	W60/W70
16.50	Javelin	W35/W50