



## England Masters Athletics Association

### Inter-Area Outdoors Track and Field Challenge 2025

University of York Athletics Stadium Heslington, York, YO10 5NA

**Sunday, 17 August 2025 PROVISIONAL \*TIMES and EVENTS MAY CHANGE\***

**6 throws and 6 horizontal jumps; see rules for other jumps**

| Track |            |               |  |             |                   |
|-------|------------|---------------|--|-------------|-------------------|
| 10:30 | 110mH      | M35           |  | Lunch Break |                   |
| 10:40 | 100mH      | M50           |  | 14:35       | 800m W35          |
| 10:50 | 100mH      | M60           |  | 14:40       | 800m W50          |
| 11:00 | 80mH       | W35 (W40 hts) |  | 14:45       | 800m W60          |
| 11:05 | 80mH       | W50           |  | 14:50       | 800m W70          |
| 11:15 | 80mH       | W60           |  | 14:55       | 800m M35          |
| 11:25 | 2000m Walk | W35/W50/W60   |  | 15:00       | 800m M50          |
| 11:45 | 2000m Walk | M35/M50/M60   |  | 15:05       | 800m M60          |
| 12:10 | 1500m      | W35/W50       |  | 15:10       | 800m M70          |
| 12:20 | 1500m      | W60/W70       |  | 15:20       | 200m W35          |
| 12:30 | 1500m      | M35/M50       |  | 15:25       | 200m W50          |
| 12:40 | 1500m      | M60/M70       |  | 15:30       | 200m W60          |
| 12:55 | 400m       | W35           |  | 15:35       | 200m W70          |
| 13:01 | 400m       | W50           |  | 15:40       | 200m M35          |
| 13:07 | 400m       | W60           |  | 15:45       | 200m M50          |
| 13:13 | 400m       | M35           |  | 15:50       | 200m M60          |
| 13:19 | 400m       | M50           |  | 15:55       | 200m M70          |
| 13:25 | 400m       | M60           |  | 16:05       | 3000m W35/W50/W60 |
| 13:35 | 100m       | W35           |  | 16:25       | 3000m M35/M50/M60 |
| 13:41 | 100m       | W50           |  | 16:50       | 4 x 100m W35      |
| 13:47 | 100m       | W60           |  | 16:55       | 4 x 100m W50      |
| 13:53 | 100m       | W70           |  | 17:00       | 4 x 100m W60      |
| 14:00 | 100m       | M35           |  | 17:05       | 4 x 100m M35      |
| 14:06 | 100m       | M50           |  | 17:10       | 4 x 100m M50      |
| 14:12 | 100m       | M60           |  | 17:15       | 4 x 100m M60      |
| 14:18 | 100m       | M70           |  |             |                   |

| Field |             |         |
|-------|-------------|---------|
| 10:00 | Discus      | W35/W50 |
| 10:00 | Shot Put    | M60/M70 |
| 10:00 | Long Jump   | W60/W70 |
| 10:30 | Pole Vault  | W35/W50 |
| 11:15 | Discus      | M35/M50 |
| 11:15 | Shot Put    | W60/W70 |
| 11:30 | Long Jump   | M60/M70 |
| 12:00 | Pole Vault  | M35/M50 |
| 12:30 | Discus      | M60/W60 |
| 12:30 | Shot Put    | W35/W50 |
| 13:00 | Long Jump   | M35/M50 |
| 13:45 | Hammer      | W35/W50 |
| 13:45 | Shot Put    | M35/M50 |
| 14:00 | High Jump   | M35/M50 |
| 14:30 | Long Jump   | W35/W50 |
| 15:00 | Javelin     | W35/W50 |
| 15:10 | Hammer      | M35/M50 |
| 16:00 | High Jump   | W35/W50 |
| 16:00 | Triple Jump | M35/M50 |
| 16:15 | Javelin     | M35/M50 |
| 16:30 | Triple Jump | W35/W50 |
|       |             |         |
|       |             |         |
|       |             |         |
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