



England Masters Athletics Association

Inter-Area Indoors Track and Field Challenge 2026

Lee Valley Athletics Centre, Edmonton N9 0AR

Saturday, 14 March 2026

Athletes to track call room 15 minutes before race; no call room for field, go to event 15-45 minutes before start; see rules for times. All spikes up to 6mm allowed now; compression spikes still recommended by venue.

Track timetable

13:00	60m hurdles	M35 M50 M60
13:30	60m hurdles	W35 (W40 heights) W50 W60
14:00	1500	W35 W50 W60 W70
14:40	1500	M35 M50 M60 M70
15:25	400	W35 W50 W60
15:49	400	M35 M50 M60
16:15	2000 walk	W35 W50
16:35	2000 walk	M35 M50
17:00	60	W35 W50 W60 W70
17:20	60	M35 M50 M60 M70
17:40 Lunch break for track officials		
18:00	4x200 relay	W35 W50 W60
18:15	4x200 relay	M35 M50 M60
18:40	800	W35 W50 W60 W70
19:00	800	M35 M50 M60 M70
19:25	200	W35 W50 W60 W70
19:57	200	M35 M50 M60 M70

Field timetable

5 jumps/throws except HJ and PV which will be run under normal UKA rules.

F01/F02	13:30	Long Jump	M35 M50
F03/F04	13:30	Pole Vault	W35 W50
F05/F06	13:30	Shot Put	W35 W50
F07/F08	15:00	Shot Put	W60 W70
F09/F10	15:30	Long Jump	W35 W50
F11/F12	16:00	Shot Put	M60 M70
F13/F14	16:30	Pole Vault	M35 M50
F15/F16	17:00	Triple Jump	M35 M50
F17/F18	17:00	Shot Put	M35 M50
F19-F22	18:30	High Jump	Bed A W35 W50 Bed B W60 W70
F23/F24	18:30	Long Jump	M60 M70
F25/F26	19:15	Long Jump	W60 W70
F27-F30	20:00	High Jump	Bed A M35 M50 Bed B M60 M70
F31/F32	20:00	Triple Jump	W35 W50