



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 competition rules. All spikes up to 6mm allowed now; compression spikes still recommended by venue.

Track timetable

12:45	4x400m relay	World Record Attempt (NOT PART OF INTER-AREA)	W60 & V60MF
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	
15:47	400	M35 M50 M60	
16:10	2000 walk	W35 W50	
16:30	2000 walk	M35 M50	
16:45	Dinner break for track officials		
17:05	60	W35 W50 W60 W70	
17:17	60	M35 M50 M60 M70	
17:45	4x200 relay	W35 W50 W60	
18:05	4x200 relay	M35 M50 M60	
18:30	800	W35 W50 W60 W70	
18:50	800	M35 M50 M60 M70	
19:10	200	W35 W50 W60 W70	
19:34	200	M35 M50 M60 M70	

Field timetable

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

F01/F02	13:15	Long Jump North Pit	M35 M50
F03/F04	13:30	Pole Vault -South	W35 W50
F05/F06	13:30	Pole Vault- North	M35 M50
F07/F08	13:30	Shot Put	W35 W50
F09/F10	15:00	Shot Put	W60 W70
F11/F12	15:00	Long Jump South Pit	W35 W50
F13-F16	15:30	High Jump North -	M35 M50 South-M60 M70
F17/F18	16:15	Shot Put	M60 M70
F19/F20	16:45	Triple Jump North pit	M35 M50
F21/F22	17:30	Shot Put	M35 M50
F23-F26	18:00	High Jump North-W35 W50 South-W60 W70	
F27/F28	18:00	Long Jump North Pit	M60 M70
F29/F30	19:00	Long Jump-South Pit	W60 W70
F31/F32	19:00	Triple Jump-North Pit	W35 W50

High Jump/Long Jump Pit/Pole Vault – North near 60m start South near 60m finish