**ENGLAND ATHLETICS MASTERS INDOOR INTER-AREA TRACK AND FIELD CHALLENGE**

**LEE VALLEY ATHLETICS CENTRE, LONDON**

**SUNDAY FEBRUARY 24TH 2019**

**Track timetable**

 **Number of races**

11.00 60 hurdles M35 M50 W35 W50 4

11.30 1500 W35, W50/W60 2

11.50 1500 M35/M50, M60/M70 2

12.10 400 W35 W50 W60 3

12.30 400 M35 M50 M60 M70 4

12.55 2000 walk W35/W50/W60 1

1.20 60 W35 W50 W60 W70 4

1.35 60 M35 M50 M60 M70 4

1.50 Lunch break for track officials

2.20 800 W35 W50 W60 W70 4

2.45 800 M35 M50 M60 M70 4

3.05 200 W35 W50 W60 3

3.20 200 M35 M50 M60 M70 4

3.40 2000 walk M35/M50/M60 1

4.05 3000 W35, W50/W60 2

4.50 3000 M35, M50/M60 2

5.30 4x200 relay W35 W50 W60 3

5.50 4x200 relay M35 M50 M60 M70 4

**Field timetable**

11.00 Long Jump M35 M50

11.00 Pole Vault W35 W50 M35 M50

11.00 Shot W35 W50

12.30 Long Jump W35 W50

12.30 Shot W60 W70 followed by M60 M70 (1.15)

2.00 Triple Jump M35 M50

2.00 Shot M35 M50

3.00 High Jump M35 M50 W35

3.30 Long Jump W60 W70 followed by M60 M70 (4.15)

4.30 High Jump W50 W60 M60 M70

5.00 Triple Jump W35 W50