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

**PINGLES ATHLETICS TRACK, AVENUE ROAD, NUNEATON, CV11 4LX**

**SUNDAY JULY 31ST 2022**

**Track timetable**

 **Number of races**

11.00 110/100/80 hurdles M35 M50 W35 W50 4

11.45 1500 W35, W50/W60 2

12.05 1500 M35/M50, M60/M70 2

12.25 400 W35 W50 W60 3

12.45 400 M35 M50 M60 M70 4

1.05 2000 walk W35/W50 1

1.25 100 W35 W50 W60 W70 4

1.45 100 M35 M50 M60 M70 4

2.05 Lunch break for track officials

2.35 800 W35 W50 W60 W70 4

3.00 800 M35 M50 M60 M70 4

3.25 200 W35 W50 W60 3

3.45 200 M35 M50 M60 M70 4

4.05 2000 walk M35/M50 1

4.25 3000 W35/W50 1

4.45 3000 M35/M50 1

5.05 4x100 relay W35 W50 W60 3

5.30 4x100 relay M35 M50 M60 M70 4

**Field timetable**

11.00 Discus M35 M50

11.00 Long Jump M35 M50

11.00 Pole Vault W35 W50

11.00 Shot W35 W50

12.00 Long Jump W35 W50

12.15 Hammer W35 W50

1.00 Shot M60 M70

1.00 Triple Jump M35 M50

1.30 Hammer M35 M50

1.30 High Jump W35 W50 W60

2.00 Pole Vault M35 M50

2.00 Shot W60 W70

2.00 Triple Jump W35 W50

2.45 Discus W35 W50

3.00 Shot M35 M50

3.00 Long Jump M60 M70

3.30 High Jump M35 M50 M60 M70

4.00 Javelin M35 M50

4.00 Long Jump W60 W70

5.15 Javelin W35 W50