

## Midland Track & Field League - Timetable 2022. Dated 28/4/2022

Field Events		All Events		
TIME	Field	TIME	Track	Field
11:15	Hammer – Men	11:15		Hammer – Men
11:45	Long Jump – Women	11:45		Long Jump – Women
11:45	Pole Vault – W or M&W	11:45		PV – W (Divs 1&2) else M&W
12:20	Javelin – Women	12:20		Javelin – Women
12:30	Shot – Men	12:30	400mH Women	Shot – Men
13:00	Long Jump – Men	12:50	400mH Men	
13:25	Hammer – Women	13:00		Long Jump – Men
13:45	High Jump – Men	13:05	800m Women	
14:00	Triple Jump – Women	13:20	800m Men	
14:20	Shot – Women	13:25		Hammer – Women
14:30	Pole Vault- M (Divs 1&2)	13:30	200m Women	
14:30	Javelin – Men	13:40	200m Men	
15:30	High Jump – Women	13:45		High Jump – Men
15:35	Discus – Men	13:50	200m n/s Women	
15:50	Triple Jump – Men	13:50	200m n/s Men	
16:30	Discus – Women	14:00	2km/3km S/C Men	Triple Jump – Women
		14:20	100mH Women	Shot – Women
		14:30	2km/3km S/C Women	PV Men (Divs 1&2 only)
		14:30		Javelin – Men
		14:55	110mH Men	
		15:10	400m Women	
		15:20	400m Men	
		15:30	1500m Women	High Jump – Women
		15:35		Discus – Men
		15:40	1500m Men	
		15:50	100m Women	Triple Jump – Men
		16:00	100m Men	
		16:10	100m n/s Women	
		16:10	100m n/s Men	
		16:20	5000m/3000m Men	
		16:30		Discus - Women
		16:40	5000m/3000m Women	
		17:05	4x100m Relay Women	
		17:10	4x100m Relay Men	
		17:20	4x400m Relay Women	
		17:20	4x400m Relay Mixed 'A'	
		17:30	4x400m Relay Men	
		17:30	4x400m Relay Mixed 'B'	
			Distance races women	
			Match 1 & 3	2000m S/C
			Match 1 & 3	5000m
			Match 2 & 4	3000m S/C
			Match 2 & 4	3000m
			Distance races men	
			Match 1 & 3	2000m S/C
			Match 1 & 3	5000m
			Match 2 & 4	3000m S/C
			Match 2 & 4	3000m

  

Track Events	
TIME	Track
12:30	400mH Women
12:50	400mH Men
13:05	800m Women
13:20	800m Men
13:30	200m Women
13:40	200m Men
13:50	200m n/s W&M
14:00	2000m/3000m S/C Men
14:20	100mH Women
14:30	2000m/3000m S/C Women
14:55	110mH Men
15:10	400m Women
15:20	400m Men
15:30	1500m Women
15:40	1500m Men
15:50	100m Women
16:00	100m Men
16:10	100m n/s W&M
16:20	5000m/3000m Men
16:40	5000m/3000m Women
17:05	4x100m Relay Women
17:10	4 x 100m Relay Men
17:20	4x400 W / 4x400 Mixed A race
17:30	4x400 M / 4x400 Mixed B race

  

<p><b>Divisions 3, 4NE, 4SE, 4SW</b>  <b>11:45 PV is for MEN &amp; WOMEN</b>  <b>which means there will be no PV at 14:30</b>  <b>14:30 PV Men – only Divisions 1 &amp; 2</b></p>
---