Midland Track & Field League - Timetable 2022 Match 4. Div 4SE
Dated 4/8/2022 (removing the "either-or" lines not relevant to match 4)

Field Events	
TIME	**Field**
11:15	Hammer – Men
11:45	Long Jump – Women
11:45	Pole Vault – W or M&W
12:20	Javelin – Women
12:30	Shot – Men
13:00	Long Jump – Men
13:25	Hammer – Women
13:45	High Jump – Men
14:00	Triple Jump – Women
14:20	Shot – Women
14:30	Pole Vault- M (Divs 1&2)
14:30	Javelin – Men
15:30	High Jump – Women
15:35	Discus – Men
15:50	Triple Jump – Men
16:30	Discus – Women

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	3000m S/C Men
14:20	100mH Women
14:30	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	3000m Men
16:40	5000m Women
17:05	4x100m Relay Women
17:10	4 x 100m Relay Men
17:20	4x400 W
17:30	4x400 M

Divisions 3, 4NE, 4SE, 4SW
11:45 PV is for MEN & WOMEN
which means there will be no PV at 14:30

14:30 PV Men – only Divisions 1 & 2

All Events		
TIME	**Track**	**Field**
11:15		Hammer – Men
11:45		Long Jump – Women
11:45		PV – W (Divs 1&2) else M&W
12:20		Javelin –Women
12:30	400mH Women	Shot – Men
12:50	400mH Men	
13:00		Long Jump – Men
13:05	800m Women	
13:20	800m Men	
13:25		Hammer – Women
13:30	200m Women	
13:40	200m Men	
13:45		High Jump – Men
13:50	200m n/s Women	
13:50	200m n/s Men	
14:00	3km S/C Men	Triple Jump – Women
14:20	100mH Women	Shot – Women
14:30	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	**3000m Men**	
16:30		Discus - Women
16:40	5000m Women	
17:05	4x100m Relay Women	
17:10	4x100m Relay Men	
17:20	4x400m Relay Women	
17:30	4x400m Relay Men	

Distance races women

Match 4	3000m S/C
Match 4	5000m

Distance races men

Match 4	3000m S/C
Match 4	3000m