Midland T&F League - Timetable 2023.
Divisional Match 4. Divs 3, 4NE, 4SE, 4SW
(dated 12/3/2023)

Field Events	
TIME	**Field**
11:15	Hammer – Men
11:45	Long Jump – Women
11:45	Pole Vault – Women
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	Javelin – Men
15:30	High Jump – Women
15:35	Discus – Men
15:50	Triple Jump – Men
16:30	Discus – Women
Track Events	
TIME	**Track**
12:00	400mH Women
12:20	400mH Men
12:35	800m Women
12:50	800m Men
13:05	200m Women
13:20	200m Men
13:35	200m n/s W&M
13:45	3000m S/C Men
14:05	100mH Women
14:15	3000m S/C Women
14:40	110mH Men
14:55	400m Women
15:05	400m Men
15:20	1500m Women
15:30	1500m Men
15:40	100m Women
15:55	100m Men
16:10	100m n/s W&M
16:20	3000m Men
16:40	3000m Women
17:05	4x100m Relay Women
17:10	4 x 100m Relay Men
17:20	4x400 W
17:30	4x400 M

Divs 3, 4NE, 4SE, 4SW
11:45 PV is for MEN & WOMEN

All Events		
TIME	**Track**	**Field**
11:15		Hammer – Men
11:45		Long Jump – Women
11:45		PV – Men & Women
12:00	400mH Women	
12:20	400mH Men	Javelin –Women
12:30		Shot - Men
12:35	800m Women	
12:50	800m Men	
13:00		Long Jump – Men
13:05	200m Women	
13:20	200m Men	
13:25		Hammer – Women
13:35	200m n/s Women	
13:35	200m n/s Men	
13:45	3km S/C Men	High Jump – Men
14:00		Triple Jump – Women
14:05	100mH Women	
14:15	3km S/C Women	
14:20		Shot - Women
14:30		Javelin – Men
14:40	110mH Men	
14:55	400m Women	
15:05	400m Men	
15:20	1500m Women	
15:30	1500m Men	High Jump – Women
15:35		Discus – Men
15:40	100m Women	
15:50		Triple Jump - Men
15:55	100m Men	
16:10	100m n/s Women	
16:10	100m n/s Men	
16:20	3000m Men	
16:30		Discus - Women
16:40	3000m 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 2 & 4 3000m S/C
Match 2 & 4 3000m

Distance races men
Match 2 & 4 3000m S/C
Match 2 & 4 3000m