Midland T&F League - Timetable 2023. Divisional Match 4. Divs 1 and 2 (dated 12/3/2023)

11:45 Pole Vault 12:20 Javelin – W 12:30 Shot – Mer 13:00 Long Jump 13:25 Hammer – 13:45 High Jump	n – Women - Women Nomen n - Men - Women - Men p – Women men - Men - Men Men - Men - Men - Men / Omen	TIME 11:15 11:45 11:45 12:00 12:20 12:30 12:35 12:50 13:00 13:05 13:20 13:25 13:35 13:35 13:35	All Event Track 400mH Women 400mH Men 800m Women 800m Men 200m Women 200m Men 200m n/s Women 200m n/s Men	Field Hammer – Men Long Jump – Women PV – Women Javelin –Women Shot - Men Long Jump – Men Hammer – Women
11:45 Long Jump 11:45 Pole Vault 12:20 Javelin – W 12:30 Shot – Mer 13:00 Long Jump 13:25 Hammer – 13:45 High Jump 14:00 Triple Jum 14:20 Shot – Wo 14:30 Pole Vault- 14:30 Javelin – M 15:30 High Jump 15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	n – Women - Women Nomen n - Men - Women - Men p – Women men - Men - Men Men - Men - Men - Men / Omen	11:45 11:45 12:00 12:20 12:30 12:35 12:50 13:00 13:05 13:20 13:25 13:35	400mH Men 800m Women 800m Men 200m Women 200m Men	Long Jump – Women PV – Women Javelin – Women Shot - Men Long Jump – Men
11:45 Pole Vault 12:20 Javelin – W 12:30 Shot – Mei 13:00 Long Jump 13:25 Hammer – 13:45 High Jump 14:00 Triple Jumi 14:20 Shot – Wo 14:30 Pole Vault 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jumi 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	- Women Vomen n - Men Women - Men p - Women men - Men - Men Men - Men Jen - Women len p - Men	11:45 12:00 12:20 12:30 12:35 12:50 13:00 13:05 13:20 13:25 13:35	400mH Men 800m Women 800m Men 200m Women 200m Men	PV – Women Javelin – Women Shot - Men Long Jump – Men
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13:00 Long Jump 13:25 Hammer – 13:45 High Jump 14:00 Triple Jump 14:20 Shot – Wood 14:30 Pole Vault 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wood	- Men - Women - Men p – Women men - Men - Men - Men Men - Men - Men - Women len p – Men /omen	12:30 12:35 12:50 13:00 13:05 13:20 13:25 13:35 13:35	800m Women 800m Men 200m Women 200m Men 200m n/s Women	Shot - Men Long Jump – Men
13:00 Long Jump 13:25 Hammer – 13:45 High Jump 14:00 Triple Jump 14:20 Shot – Wood 14:30 Pole Vault 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wood	- Men - Women - Men p – Women men - Men - Men - Men Men - Men - Men - Women len p – Men /omen	12:35 12:50 13:00 13:05 13:20 13:25 13:35 13:35	200m Women 200m Men 200m n/s Women	Long Jump – Men
13:25 Hammer – 13:45 High Jump 14:00 Triple Jump 14:20 Shot – Wo 14:30 Pole Vault- 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	- Women - Men p - Women men - Men - Men - Men - Men - Women len p - Men /omen	12:50 13:00 13:05 13:20 13:25 13:35 13:35	200m Women 200m Men 200m n/s Women	-
14:00 Triple Jum 14:20 Shot – Woo 14:30 Pole Vault- 14:30 Javelin – W 15:30 High Jump 15:35 Discus – M 15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	p – Women men - Men - Women len p – Men /omen	13:00 13:05 13:20 13:25 13:35 13:35	200m Women 200m Men 200m n/s Women	-
14:20 Shot – Wo 14:30 Pole Vault- 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	men - Men Men - Women len p – Men /omen	13:05 13:20 13:25 13:35 13:35	200m Men 200m n/s Women	-
14:30 Pole Vault- 14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	- Men /en - Women len p – Men /omen	13:20 13:25 13:35 13:35	200m Men 200m n/s Women	Hammer – Women
14:30 Javelin – M 15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	Men - Women len p – Men /omen	13:25 13:35 13:35	200m n/s Women	Hammer – Women
15:30 High Jump 15:35 Discus – M 15:50 Triple Jump 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	– Women Ien p – Men /omen	13:35 13:35	-	Hammer – Women
15:35 Discus – M 15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	len p – Men /omen	13:35	-	
15:35 Discus – M 15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	len p – Men /omen		200m n/s Men	<u> </u>
15:50 Triple Jum 16:30 Discus – W Track Events TIME Track 12:00 400mH Wo	p – Men /omen		1 200111 11/3 WICH	
Track Events TIME Track 12:00 400mH Wo	/omen		3km S/C Men	High Jump – Men
Track Events TIME Track 12:00 400mH Wo		14:00	·	Triple Jump – Women
TIME Track 12:00 400mH Wo	s	14:05	100mH Women	·
12:00 400mH Wo	-	14:15	3km S/C Women	
		14:20		Shot - Women
12:20 400mH Me	omen	14:30		PV Men
12.20 400111111111	en	14:30		Javelin – Men
12:35 800m Wor	men	14:40	110mH Men	
12:50 800m Men	1	14:55	400m Women	
13:05 200m Wor	nen	15:05	400m Men	
13:20 200m Men	1	15:20	1500m Women	
13:35 200m n/s \	W&M	15:30	1500m Men	High Jump – Women
13:45 3000m S/C	Men	15:35		Discus – Men
14:05 100mH Wo	omen	15:40	100m Women	
14:15 3000m S/C	Women	15:50		Triple Jump - Men
14:40 110mH Me	en	15:55	100m Men	
14:55 400m Wor	nen	16:10	100m n/s Women	
15:05 400m Men	ı	16:10	100m n/s Men	
15:20 1500m Wo	omen	16:20	3000m Men	
15:30 1500m Me	en	16:30		Discus - Women
15:40 100m Wor	nen	16:40	3000m Women	
15:55 100m Men	1	17:05	4x100m Relay Women	
16:10 100m n/s \	W&M	17:10	4x100m Relay Men	
16:20 3000m Me	en	17:20	4x400m Relay Women	
16:40 3000m Wo	omen	17:30	4x400m Relay Men	
17:05 4x100m Re	elay Women			
17:10 4 x 100m R	Relay Men		Distance races women	
17:20 4x400 relay Women				3000m S/C
17:30 4x400 rela	y Men		Match 2 & 4	3000m
Divisio	ons 1 & 2		Distance races men	
11:45 PV is for WOMEN				3000m S/C
14:30 PV	TOT VVOIVIETY		Match 2 & 4	-