

Midland T&F League - Timetable 2023.
Divisional Matches 1&3. Divs 3, 4NE, 4SE, 4SW
(dated 3/4/2023)

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 – Men & Women	11:45		PV – Men & Women
12:20	Javelin – Women	12:00	400mH Women	
12:30	Shot – Men	12:20	400mH Men	Javelin – Women
13:00	Long Jump – Men	12:30		Shot - Men
13:25	Hammer – Women	12:35	800m Women	
13:45	High Jump – Men	12:50	800m Men	
14:00	Triple Jump – Women	13:00		Long Jump – Men
14:20	Shot – Women	13:05	200m Women	
14:30	Javelin – Men	13:20	200m Men	
15:30	High Jump – Women	13:25		Hammer – Women
15:35	Discus – Men	13:35	200m n/s Women	
15:50	Triple Jump – Men	13:35	200m n/s Men	
16:30	Discus – Women	13:45	2km S/C Men	High Jump – Men
		14:00		Triple Jump – Women
		14:05	100mH Women	
Track Events		14:15	2km S/C Women	
TIME	Track	14:20		Shot - Women
12:00	400mH Women	14:30		Javelin – Men
12:20	400mH Men	14:40	110mH Men	
12:35	800m Women	14:55	400m Women	
12:50	800m Men	15:05	400m Men	
13:05	200m Women	15:20	1500m Women	
13:20	200m Men	15:30	1500m Men	High Jump – Women
13:35	200m n/s W&M	15:35		Discus – Men
13:45	2000m S/C Men	15:40	100m Women	
14:05	100mH Women	15:50		Triple Jump - Men
14:15	2000m S/C Women	15:55	100m Men	
14:40	110mH Men	16:10	100m n/s Women	
14:55	400m Women	16:10	100m n/s Men	
15:05	400m Men	16:20	5000m Men	
15:20	1500m Women	16:30		Discus - Women
15:30	1500m Men	16:40	5000m Women	
15:40	100m Women	17:05	4x100m Relay Women	
15:55	100m Men	17:10	4x100m Relay Men	
16:10	100m n/s W&M	17:20	4x400m Relay Women	
16:20	5000m Men	17:30	4x400m Relay 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			
Divs 3, 4NE, 4SE, 4SW 11:45 PV is for MEN & WOMEN		Distance races women Match 1 & 3 2000m S/C Match 1 & 3 5000m Distance races men Match 1 & 3 2000m S/C Match 1 & 3 5000m		