

Midland T&F League - Timetable 2024.
Pan-division match Sat 15 June at Nuneaton
(draft 23/3/2023)

Match Events are:

Sprint hurdles; 400mH; 3k Steeplechase; 400m; HJ; PV; TJ; HT

Additional non-scoring 100m and non-scoring SP

Provisional Field Timetable			
Time	M/W	Event	Comments
1045	Men	Hammer – 1045h Pool	Warm-up 1015
1100	Women	High Jump	1.25m opening height
1200	Men	Triple Jump	9m Board
1200	Men & Women	Pole Vault – 1200h pool	1.70m opening height women 2.10m for men
1210	Women	Hammer – 1210h Pool	
1210	Men	Shot Putt	Non-scoring
1300	Men	High Jump – 1300h Pool	1.40m opening height
1340	Men	Hammer – 1340h Pool	
1340	Women	Shot Putt	Non-scoring
1400	Women	Triple Jump	7m Board
1400	Men & Women	Pole Vault – 1400h pool	1.70m opening height women 2.10m opening height men
1510	Men	High Jump – 15-10 Pool	If required; 1.40m opening height
1530	Women	Hammer – 15-30h Pool	Warm-up 1500

Provisional track timetable:

1150	100H women	(1 race)
1210	110H men	(2 races)
1240	3k SC women	(1 race)
1315	3k SC men	(1 races)
1345	400H women	(2 races)
1410	400H men	(3 races)
1445	400m women	(4 races)
1515	400m men	(6 races)
1615	100 n/s	(6 races)
1700	Close	