Midland T&F League - Timetable 2024. Divisional Matches 1&3. Divs 1 and 2 (dated 23/3/2024)

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	Field Events		All Eve
TIME	Field	TIME	Track
10:45	Hammer – Men	10:45	
11:45	Long Jump – Women	11:45	
11:45	Pole Vault – Women	11:45	
11:55	Javelin – Women	11:55	
12:30	Shot – Men	12:00	400mH Women
13:00	Long Jump – Men	12:20	400mH Men
13:05	Hammer – Women	12:30	
13:45	High Jump – Men	12:35	800m Women
14:00	Triple Jump – Women	12:50	800m Men
14:15	Javelin - Men	13:00	
14:20	Shot - Women	13:05	200m Women
14:30	Pole Vault - Men	13:20	200m n/s Women
15:25	Discus – Men	13:25	200m Men
15:30	High Jump – Women	13:40	200m n/s Men
15:50	Triple Jump – Men	13:45	2km S/C Men
16:35	Discus – Women	14:00	
		14:05	100mH Women
	Track Events	14:15	2km S/C Women
TIME	Track	14:20	
12:00	400mH Women	14:30	
12:20	400mH Men	14:40	110mH Men
12:35	800m Women	14:55	400m Women
2:50	800m Men	15:05	400m Men
13:05	200m Women	15:20	1500m Women
13:20	200m n/s Women	15:25	
13:25	200m Men	15:30	1500m Men
13:40	200m n/s Men	15:40	100m Women
13:45	2000m S/C Men	15:50	100111 1101111111
14:05	100mH Women	15:55	100m n/s Women
14:15	2000m S/C Women	16:00	100m Men
14:40	110mH Men	16:15	100m n/s Men
14:55	400m Women	16:25	5000m Men
15:05	400m Men	16:35	3000111111111
15:20	1500m Women	16:45	5000m Women
15:30	1500m Men	17:10	4x100m Relay Womer
15:40	100m Women	17:20	4x100m Relay Men
15:55	100m n/s Women	17:30	4x400m Relay Womer
16:00	100m Men	17:40	4x400m Relay Men
16:15		17.40	4x400111 Kelay Meli
	100m n/s Men		
16:25	5000m Men	<u> </u>	):-t
16:45	5000m Women	Distance races men & w	
17:10	4x100m Relay Women	Match 1 9 3	
17:20	4 x 100m Relay Men	Match 1 & 3 Match 1 & 3	
17:30	4x400 Relay Women	<b>'</b>	viattii 1 & 3
17:40	4x400 Relay Men		Match 2 & 4

All Events			
TIME	Track	Field	
10:45		Hammer – Men	
11:45		Long Jump – Women	
11:45		PV – Women	
11:55		Javelin –Women	
12:00	400mH Women		
12:20	400mH Men		
12:30		Shot - Men	
12:35	800m Women		
12:50	800m Men		
13:00		Long Jump – Men	
13:05	200m Women	Hammer – Women	
13:20	200m n/s Women		
13:25	200m Men		
13:40	200m n/s Men		
13:45	2km S/C Men	High Jump – Men	
14:00		Triple Jump – Women	
14:05	100mH Women		
14:15	2km S/C Women	Javelin - Men	
14:20	V /	Shot - Women	
14:30		PV - Men	
14:40	110mH Men		
14:55	400m Women		
15:05	400m Men		
15:20	1500m Women		
15:25		Discus - Men	
15:30	1500m Men	High Jump – Women	
15:40	100m Women		
15:50		Triple Jump - Men	
15:55	100m n/s Women		
16:00	100m Men		
16:15	100m n/s Men		
16:25	5000m Men		
16:35		Discus - Women	
16:45	5000m Women		
17:10	4x100m Relay Women		
17:20	4x100m Relay Men		
17:30	4x400m Relay Women		
17:40	4x400m Relay Men		
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Distance races men & women			
Match 1 & 3 2000m S/C			
Match 1 & 3 2000m 5/C			
Match 2 8 4 2000m 5/C			
Match 2 & 4 3000m S/C			

3000m