## Midland T&F League - Timetable 2024. Divisional Matches 1&3. Divs 1 and 2 (dated 15/4/2024)

ME	Field Events Field	т	
D:45	Hammer – Men	1	
1:45	Long Jump – Women		
1:45	Pole Vault – Women		
1:55	Javelin – Women		
2:30	Shot – Men	1	
2:30 3:00	Long Jump – Men	1	
3:00 3:05		1	
3:45	Hammer – Women	1	
4:00	High Jump – Men Triple Jump – Women		
4:15	Triple Jump – Women		
4:20	Javelin - Men		
+.20 4:35	Shot - Women		
+.35 5:25	Pole Vault - Men		
5:25 5:30	Discus – Men		
5:50 5:50	High Jump – Women		
	Triple Jump – Men	1	
5:35	Discus – Women		
	Treak Events	1	
	Track Events		
ME	Track	1	
2:00	400mH Women	1	
2:20	400mH Men	1	
2:35	800m Women	1	
2:50	800m Men	1	
3:05	200m Women	1	
3:20	200m n/s Women	1	
3:25	200m Men		
3:40	200m n/s Men		
3:45	2000m S/C Men		
4:05	110mH Men		
4:15	2000m S/C Women		
4:40	100mH Women		
4:55	400m Women	1	
5:05	400m Men	1	
5:20	1500m Women	1	
5:30	1500m Men	1	
5:40	100m Women	1	
5:55	100m n/s Women	1	
5:00	100m Men	1	
5:15	100m n/s Men		
5:25	5000m Men		
5:45	5000m Women		
7:10	4x100m Relay Women		
	4 x 100m Relay Men		
7:20			
	4x400 Relay Women 4x400 Relay Men		

(	All Even	ts		
IME	Track	Field		
10:45	Hack	Hammer – Men		
1:45		Long Jump – Women		
1:45		PV – Women		
1:55		Javelin – Women		
L2:00	400mH Women	Javenn-wonnen		
L2:20	400mH Men			
L2:30	4001111 Meth	Shot - Men		
L2:30	800m Women	5100 - Men		
12:50	800m Men			
L2:30		Long lumn – Mon		
L3:00	200m Women	Long Jump – Men Hammer – Women		
L3:20		Hammer – Women		
L3:20	200m n/s Women			
	200m Men			
13:40	200m n/s Men	Llich lump Man		
13:45	2km S/C Men	High Jump – Men		
4:00	110	Triple Jump – Women		
4:05	110mH Men			
4:15	2km S/C Women	Javelin - Men		
4:20		Shot - Women		
4:35	400 11111	PV - Men		
4:40	100mH Women			
4:55	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			
L6:00	100m Men			
l6:15	100m n/s Men			
16:25	5000m Men			
L6:35		Discus - Women		
16:45	5000m Women			
7:10	4x100m Relay Women			
17:20	4x100m Relay Men			
.7:30	4x400m Relay Women			
17:40	4x400m Relay Men			
Distance races men & women				
Match 1 & 3 2000m S/C				
		5000m		
	Match 2 & 4	3000m S/C		
	Match 2 & 4	3000m		