

**Midland T&F League - Timetable 2024.**  
**Divisional Matches 1&3. Divs 3NE, 3SE**  
**(dated 15/4/2024)**

Field Events		All Events		
TIME	Field	TIME	Track	Field
10:45	Hammer – Men	10:45		Hammer – Men
11:45	Long Jump – Women	11:45		Long Jump – Women
11:45	Pole Vault – Men & Women	11:45		PV – Men & Women
11:55	Javelin – Women	11:55		Javelin –Women
12:30	Shot – Men	12:00	400mH Women	
13:00	Long Jump – Men	12:20	400mH Men	
13:05	Hammer – Women	12:30		Shot - Men
13:45	High Jump – Men	12:35	800m Women	
14:00	Triple Jump – Women	12:50	800m Men	
14:15	Javelin - Men	13:00		Long Jump – Men
14:20	Shot - Women	13:05	200m Women	Hammer – Women
15:25	Discus – Men	13:20	200m n/s Women	
15:30	High Jump – Women	13:25	200m Men	
15:50	Triple Jump – Men	13:40	200m n/s Men	
16:35	Discus – Women	13:45	2km S/C Men	High Jump – Men
		14:00		Triple Jump – Women
		14:05	100mH Women	
<b>Track Events</b>		14:15	2km S/C Women	Javelin - Men
<b>TIME</b>	<b>Track</b>	14:20		Shot - Women
12:00	400mH Women	14:40	110mH Men	
12:20	400mH Men	14:55	400m Women	
12:35	800m Women	15:05	400m Men	
12:50	800m Men	15:20	1500m Women	
13:05	200m Women	15:25		Discus - Men
13:20	200m n/s Women	15:30	1500m Men	High Jump – Women
13:25	200m Men	15:40	100m Women	
13:40	200m n/s Men	15:50		Triple Jump - Men
13:45	2000m S/C Men	15:55	100m n/s Women	
14:05	100mH Women	16:00	100m Men	
14:15	2000m S/C Women	16:15	100m n/s Men	
14:40	110mH Men	16:25	5000m Men	
14:55	400m Women	16:35		Discus - Women
15:05	400m Men	16:45	5000m Women	
15:20	1500m Women	17:10	4x100m Relay Women	
15:30	1500m Men	17:20	4x100m Relay Men	
15:40	100m Women	17:30	4x400m Relay Women	
15:55	100m n/s Women	17:40	4x400m Relay Men	
16:00	100m Men			
16:15	100m n/s Men			
16:25	5000m Men			
16:45	5000m Women			
17:10	4x100m Relay Women			
17:20	4 x 100m Relay Men			
17:30	4x400 Relay Women			
17:40	4x400 Relay Men			
Divs 3NE, 3SE, 3SW 11:45 PV is for MEN & WOMEN				
		Distance races men & women		
		Match 1 & 3		2000m S/C
		Match 1 & 3		5000m
		Match 2 & 4		3000m S/C
		Match 2 & 4		3000m