

**Midland T&F League - Timetable 2024.**  
**Divisional Matches 1&3, Division 3SW**  
**(dated 23/6/2024)**

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