Midland T&F League - Timetable 2024.
Divisional Matches 2&4, Division 3SW
(dated 23/6/2024)

Field Events	
TIME	**Field**
10:45	Hammer – Men
11:45	Long Jump – Women
11:45	Pole Vault – Men & Women
11:55	Javelin – Women
12:30	Shot – Men
13:00	Long Jump – Men
13:15	Hammer – Women
13:45	High Jump – Men
14:00	Triple Jump – Women
14:25	Javelin - Men
14:50	Shot - Women
15:30	High Jump - Women
15:40	Discus - Men
15:50	Triple Jump – Men
16:55	Discus – Women
Track Events	
TIME	**Track**
12:00	400mH Women
12:20	400mH Men
12:35	800m Women
12:50	800m Men
13:05	200m Women
13:20	200m n/s Women
13:25	200m Men
13:40	200m n/s Men
13:45	3000m S/C Men
14:05	100mH Women
14:15	3000m S/C Women
14:40	110mH Men
14:55	400m Women
15:05	400m Men
15:20	1500m Women
15:30	1500m Men
15:40	100m Women
15:55	100m n/s Women
16:00	100m Men
16:15	100m n/s Men
16:25	3000m Men
16:45	3000m Women
17:10	4x100m Relay Women
17:20	4 x 100m Relay Men
17:30	4x400 Mixed A string
17:40	4x400 Mixed B string
Divs 3NE, 3SE, 3SW 11:45 PV is for MEN & WOMEN	

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