

Midland T&F League - Timetable 2024.
Pan-division match Sat 15 June at Nuneaton
(FINAL 10/6/2024)

Match Events are:

Sprint hurdles; 400mH; 3k Steeplechase; 400m; HJ; PV; TJ; HT

Additional non-scoring 100m and non-scoring SP

Field Timetable			
Time	M/W	Event	Comments
1045	Men	Hammer – 1045h Pool	Warm-up 1015 [19]
1045	Women	High Jump – 1045 Pool	1.25m opening height [11] Warm-up 1015
1100	Men	Triple Jump, 1100 pool	Warm-up 1030, 9m Board min [12]
1115	Men & Women	Pole Vault – 1115h pool Warm-up 1015h	1.70m opening height women [14] 2.10m for men, 1015 warm-up
1210	Men	Shot Putt	Non-scoring [13]
1230	Women	Hammer – 1230h Pool	Warm-up 12-00 [12]
1235	Men	High Jump – 1235h Pool	1205 warm-up, 1.40m opening height [13]
1245	Women	Triple Jump, 1245 pool	Warm-up 1215, 7m board min, [10]
1400	Men	Hammer – 1400h Pool	Warm-up 1330 [16]
1400	Women	Shot Putt	Non-scoring [10]
1430	Men	Triple Jump, 1430 pool	Warm-up 1400, 9m Board min [11]
1430	Women	High Jump – 1430 Pool	1400 warm-up; 1.25m opening height [10]
1500	Men & Women	Pole Vault – 1500h pool Warmup 1400	1.70m opening height women 2.10m opening height men [14]
1545	Women	Hammer – 1545h Pool	Warm-up 1515 [11]
1615	Women	Triple Jump, 1615 pool	Warm-up 1545, 7m board min [10]
1620	Men	High Jump, 1620 pool	Warm-up 1550; 1.40m opening height [13]

Track timetable:

1150	100H women	(3 races)
1220	110H men	(3 races)
1255	3k SC women	(1 race)
1330	3k SC men	(1 race)
1400	400H women	(2 races)
1425	400H men	(3 races)
1500	400m women	(5 races)
1535	400m men	(8 races)
1645	100 n/s	(8 races)
1740	Close	