# Midland T&F League - Timetable 2026
## Matches 1 and 3. Divisions 3NE, 3SE, 3SW.
## (dated 06/04/2026)

| Field Events | |
|---|---|
| **TIME** | **Field** |
| 10:45 | Javelin – 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 | Hammer - 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** |
| 11:50 | 400mH Women |
| 12:10 | 400mH Men |
| 12:25 | 800m Women |
| 12:40 | 800m Men |
| 12:50 | 800m Wheelchair M&W |
| 13:00 | 200m Women |
| 13:15 | 200m n/s Women |
| 13:20 | 200m Men |
| 13:35 | 200m n/s Men |
| 13:40 | 2000m S/C Men |
| 14:00 | 110mH Men |
| 14:10 | 2000m S/C Women |
| 14:35 | 100mH Women |
| 14:50 | 400m Women |
| 15:00 | 400m Men |
| 15:15 | 1500m Women |
| 15:25 | 1500m Men |
| 15:35 | 100m Women |
| 15:50 | 100m n/s Women |
| 15:55 | 100m Men |
| 16:10 | 100m n/s Men |
| 16:15 | 100m Wheelchair and frame running M&W |
| 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 |

| TIME | Track | Field |
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| 11:45 | | Pole Vault – Men & Women |
| 11:50 | 400mH Women | |
| 11:55 | | Javelin – Women |
| 12:10 | 400mH Men | |
| 12:25 | 800m Women | |
| 12:30 | | Shot – Men |
| 12:40 | 800m Men | |
| 12:50 | 800m Wheelchair M&W | |
| 13:00 | 200m Women | |
| 13:00 | | Long Jump – Men |
| 13:15 | 200m n/s Women | |
| 13:15 | | Hammer – Women |
| 13:20 | 200m Men | |
| 13:35 | 200m n/s Men | |
| 13:40 | 2000m S/C Men | |
| 13:45 | | High Jump – Men |
| 14:00 | 110mH Men | |
| 14:00 | | Triple Jump – Women |
| 14:10 | 2000m S/C Women | |
| 14:25 | | Hammer - Men |
| 14:35 | 100mH Women | |
| 14:50 | 400m Women | |
| 14:50 | | Shot - Women |
| 15:00 | 400m Men | |
| 15:15 | 1500m Women | |
| 15:25 | 1500m Men | |
| 15:30 | | High Jump - Women |
| 15:35 | 100m Women | |
| 15:40 | | Discus - Men |
| 15:50 | 100m n/s Women | |
| 15:50 | | Triple Jump – Men |
| 15:55 | 100m Men | |
| 16:10 | 100m n/s Men | |
| 16:15 | 100m Wheelchair and frame running M&W | |
| 16:25 | 5000m Men | |
| 16:45 | 5000m Women | |
| 16:55 | | Discus – Women |
| 17:10 | 4x100m Relay Women | |
| 17:20 | 4 x 100m Relay Men | |
| 17:30 | 4x400 Relay Women | |
| 17:40 | 4x400 Relay Men | |
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