

MIDLAND LEAGUE MATCH 1

12.00 400mH	Women
Javelin	Men
Shot	Women
12.10 400mH	Men
12.15 Pole Vault	Men & Women
12.30 1500m	Women
12.40 1500m	Men
12.45 Long Jump	Men
12.55 200m followed by N/S race	Women
13.00 Shot	Men
Javelin	Women
13.05 200m followed by N/S race	Men
13.25 100mH	Women
13.40 110mH	Men
13.55 800m	Women
14.00 High Jump	Women
14.05 800m	Men
14.15 Discus	Men
15.00 400m	Women
Long Jump	Women
High Jump	Men
15.10 400m	Men
15.15 Discus	Women
15.30 100m followed by N/S race	Women
15.40 100m followed by N/S race	Men
15.55 3000m	Women
16.10 3000m	Men
16.25 4 x 100m	Women
16.35 4 x 100m	Men
16.45 4 x 400m	Women
16.55 4 x 400m	Men