

Midland T&F League - Timetable 2023.
Pan-division match Sun 18 June at Nuneaton
(v2 16/6/2023)

Match Events are:

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

Additional non-scoring 100m and non-scoring SP

Field Timetable				Pool Size	Officials Field Team
Time	M/W	Event	Comments		
1045	Men	Hammer - Pool 2	Warm up 1015	17	1
1100	Women	High Jump	1.25m opening height	13	2
1200	Men	Triple Jump	MINIMUM Board is 9m	15	3
1200	Men & Women	Pole Vault – Pool 2	1.70m opening height for women, 2.10 for men	13	4
1210	Women	Hammer - Pool 2	Warm up 1140	13	5
1210	Men	Shot Putt	Non-scoring	15	6
1300	Men	High Jump – Pool 1	1.40m opening height	12	2
1340	Men	Hammer - Pool 1	Warm up 1310	14	1
1340	Women	Shot Putt	Non-scoring	9	6
1400	Women	Triple Jump	MINIMUM Board is 7m	19	3
1400	Men & Women	Pole Vault – Pool 1	1.70m opening height for women, 2.10 for men	13	4
1510	Men	High Jump – Pool 2	1.40m opening height	10	2
1530	Women	Hammer - Pool 1	Warm-up 1500	14	5

Track Timetable is overleaf

Track timetable:

1150	100H women	(1 race)	
1210	110H men	(2 races)	Race 1
1220	110H men		Race 2
1240	3k SC women	(1 race)	
1315	3k SC men	(1 race)	
1345	400H women	(2 races)	Race 1
1353	400H women		Race 2
1410	400H men	(3 races)	Race 1
1418	400H men		Race 2
1426	400H men		Race 3
1445	400m women	(4 races)	Race 1
1453	400m women		Race 2
1501	400m women		Race 3
1509	400m women		Race 4
1517	400m men	(6 races)	Race 1
1525	400m men		Race 2
1533	400m men		Race 3
1541	400m men		Race 4
1549	400m men		Race 5
1557	400m men		Race 6
1615	100 n/s	(6 races)	Race 1
1623	100 n/s		Race 2
1631	100 n/s		Race 3
1639	100 n/s		Race 4
1647	100 n/s		Race 5
1655	100 n/s		Race 6
1700	Close		