Midland T&F League - Timetable 2024.
Divisional Matches 1&3. Divs 1 and 2
(dated 15/4/2024)

Field Events	
TIME	**Field**
10:45	Hammer – Men
11:45	Long Jump – Women
11:45	Pole Vault – Women
11:55	Javelin – Women
12:30	Shot – Men
13:00	Long Jump – Men
13:05	Hammer – Women
13:45	High Jump – Men
14:00	Triple Jump – Women
14:15	Javelin - Men
14:20	Shot - Women
14:35	Pole Vault - Men
15:25	Discus – Men
15:30	High Jump – Women
15:50	Triple Jump – Men
16:35	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	2000m S/C Men
14:05	110mH Men
14:15	2000m S/C Women
14:40	100mH Women
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	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

All Events		
TIME	**Track**	**Field**
10:45		Hammer – Men
11:45		Long Jump – Women
11:45		PV – 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	Hammer – Women
13:20	200m n/s Women	
13:25	200m Men	
13:40	200m n/s Men	
13:45	2km S/C Men	High Jump – Men
14:00		Triple Jump – Women
14:05	110mH Men	
14:15	2km S/C Women	Javelin - Men
14:20		Shot - Women
14:35		PV - Men
14:40	100mH Women	
14:55	400m Women	
15:05	400m Men	
15:20	1500m Women	
15:25		Discus - Men
15:30	1500m Men	High Jump – Women
15:40	100m Women	
15:50		Triple Jump - Men
15:55	100m n/s Women	
16:00	100m Men	
16:15	100m n/s Men	
16:25	5000m Men	
16:35		Discus - Women
16:45	5000m Women	
17:10	4x100m Relay Women	
17:20	4x100m Relay Men	
17:30	4x400m Relay Women	
17:40	4x400m Relay Men	

Distance races men & women

Match 1 & 3	2000m S/C
Match 1 & 3	5000m
Match 2 & 4	3000m S/C
Match 2 & 4	3000m