

Midland T&F League - Timetable 2025.
Pan-division match Sunday 15 June at Rugby
(FINAL 12/06/2025)

Match Events are:

Sprint hurdles; 400mH; 3k Steeplechase; 400m; HJ; PV; TJ; HT
Additional non-scoring 100m and non-scoring SP

Higher ranked (Power of Ten) athletes will be in Pools A (unless an athlete needs to change pools, for example for travel reasons).

NOTE the expected starting heights.

Field Timetable			
Time	M/W	Event	Comments
1045	Men	Hammer – Pool B	Warm-up 1015 [13]
1045	Women	High Jump – Pool B	1.25m opening height [13] Warm-up 1015
1100	Men	Triple Jump, pool B	Warm-up 1030, 9m Board min [13]
1115	Men & Women	Pole Vault – pool A Warm-up 1015h	2.40m opening height [14]
1210	Men	Shot Putt	Non-scoring [11]
1230	Women	Hammer – Pool A	Warm-up 12-00 [18]
1235	Men	High Jump – Pool A	1205 warm-up, 1.50m opening ht [14]
1245	Women	Triple Jump, pool A	Warm-up 1215, 7m board min, [12]
1415	Men	Hammer – Pool A	Warm-up 1345 [13]
1415	Women	Shot Putt	Non-scoring [11]
1430	Men	Triple Jump, pool A	Warm-up 1400, 9m Board min [13]
1430	Women	High Jump – Pool A	1400 warm-up; 1.25m opening height [12]
1500	Men & Women	Pole Vault – pool B Warmup 1400	1.70m opening height women 2.10m opening height men [17]
1600	Women	Hammer – Pool B	Warm-up 1530 [18]
1615	Women	Triple Jump, pool B	Warm-up 1545, 7m board min [12]
1620	Men	High Jump, pool B	Warm-up 1550; 1.40m opening height [16]

Track timetable (fastest first for all events):

1150	100H women	(2 races) (fastest first for all events)
1220	110H men	(3 races)
1255	3k SC women	(1 race)
1330	3k SC men	(1 race)
1400	400H women	(4 races)
1435	400H men	(4 races)
1510	400m women	(5 races)
1540	400m men	(8 races)
1630	100 n/s	(8 races)
1720	Close	