Midland T&F League - Timetable 2025
Matches 2 and 4. Divisions 1 and 2.
(dated 02/05/2025)

Field Events

TIME	Field
10:45	Javelin – 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	Hammer - 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
11:50	400mH Women
12:10	400mH Men
12:25	800m Women
12:40	800m Men
12:55	200m Women
13:05	200m n/s Women
13:10	200m Men
13:20	200m n/s Men
13:25	200m Wheelchair & Frame running M&W
13:40	3000m S/C Men
14:00	110mH Men
14:10	3000m 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	1500m Wheelchair M&W
15:50	100m Women
16:00	100m n/s Women
16:05	100m Men
16:15	100m n/s Men
16:25	3000m Men
16:45	3000m Women
17:10	4x100m Relay Women
17:20	4 x 100m Relay Men
17:30	4x400 Mixed Relay A string
17:40	4x400 Mixed Relay B string

TIME	Track	Field
10:45		Javelin – Men
11:45		Long Jump – Women
11:45		Pole Vault – 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	
12:55	200m Women	
13:00		Long Jump – Men
13:05	200m n/s Women	
13:05		Hammer – Women
13:10	200m Men	
13:20	200m n/s Men	
13:25	200m Wheelchair & Frame running M&W	
13:40	3000m S/C Men	
13:45		High Jump – Men
14:00	110mH Men	
14:00		Triple Jump – Women
14:10	3000m S/C Women	
14:15		Hammer - Men
14:20		Shot - Women
14:35	100mH Women	
14:35		Pole Vault - Men
14:50	400m Women	
15:00	400m Men	
15:15	1500m Women	
15:25	1500m Men	
15:25		Discus – Men
15:30		High Jump – Women
15:35	1500m Wheelchair M&W	
15:50	100m Women	
15:50		Triple Jump – Men
16:00	100m n/s Women	
16:05	100m Men	
16:15	100m n/s Men	
16:25	3000m Men	
16:35		Discus – Women
16:45	3000m Women	
17:10	4x100m Relay Women	
17:20	4 x 100m Relay Men	
17:30	4x400 Mixed Relay A string	
17:40	4x400 Mixed Relay B string	