Midland T&F League - Timetable 2026.
Pan-division match Sunday 21 June at Birmingham University
(FINAL 17/06/2026)

Match Events are:
Sprint hurdles; 400mH; 3k Steeplechase; 400m; 3k Race Walk; 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. For PV – please be aware, these are fixed (AGM 2025) to avoid two long comps. We recognise this limits options for pool selection in the PV but is necessary for match length purposes.

Field Timetable			
Time	**M/W**	**Event**	**Comments**
1045	Men	Hammer – Pool B	Warm-up 1015 [12]
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 [17]
1210	*Men*	*Shot Putt*	*Non-scoring [14]*
1230	Women	Hammer – Pool A	Warm-up 12-00 [18]
1235	Men	High Jump – Pool A	1205 warm-up, 1.50m opening ht [16]
1245	Women	Triple Jump, pool A	Warm-up 1215, 7m board min, [13]
1415	Men	Hammer – Pool A	Warm-up 1345 [12]
1415	*Women*	*Shot Putt*	*Non-scoring [14]*
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 [13]
1500 estimate	Men & Women	Pole Vault – pool B Warmup 1400 estimate	1.70m opening height women 2.10m opening height men [20]
1600	Women	Hammer – Pool B	Warm-up 1530 [18]
1615	Women	Triple Jump, pool B	Warm-up 1545, 7m board min [13]
1620	Men	High Jump, pool B	Warm-up 1550; 1.40m opening height [15]

Track timetable (fastest first for all events):

1130	100H women	(2 races) (fastest first for all events)
1200	110H men	(2 races)
1230	3k SC women	(2 races)
1325	3k SC men	(1 race)
1355	3k race walk men & Women	(1 race) 7 competitors overall
1430	400H women	(2 races)
1455	400H men	(3 races)
1525	400m women	(6 races)
1555	400m men	(8 races)
1635	100 n/s	(9 races)
1720	Close	