



**Midland Counties Athletic Association
2nd Indoor Open with Outdoor Throws
January 27th & 28th 2018**



High Performance Centre , Alexander Stadium

**Field Timetable
Saturday 27th January**

F01	09:40	U15 Girls	Long Jump
F02	10:00	U13 Boys (4 Trials) & U13 Girls (3 Trials)	Long Jump
F03	10:00	Pool A1 SH 1.20m*	High Jump
F04	10:00	Pool A2 SH 1.20m*	High Jump
F05	10:30	Senior Women/U20Wwomen/U17Women	Javelin
F06	11:25	Pool A1 (7m & 9m Board)*	Triple Jump
F07	11:45	U17 Women	Long Jump
F08	12:00	Pool A SH 2.20m	Pole Vault
F09	12:30	All Competitors (8)	Hammer
F10	12:35	Pool A3 SH 1.20m*	High Jump
F11	13:10	Pool B SH 1.50m	High Jump
F12	13:15	Pool A2 (7m & 9m Board)*	Triple Jump
F13	13:45	U15 Girls/U13 Girls (U13 3 Trials)	Javelin
F14	13:45	U15 Boys	Long Jump
F15	14:40	Pool B SH 3.20m	Pole Vault
F16	15:10	Pool B&C (11m & 13m Board)	Triple Jump
F17	15:20	Senior Men/U20Men/U17Men	Long Jump
F18	15:20	All Male Competitors	Javelin
F19	15:50	Pool C SH 1.75m	High Jump
F20	17:00	Senior Women & U20 Women	Long Jump

Horizontal Jumps – 4 Trials each Competitor

*Details of Pools A1, A2 & A3 High Jump (SH1.20m) and Pools A1 and A2 Triple Jump (7m & 9m Board) will be sent to individual Competitors.

**Field Timetable
Sunday 7th January (Outdoor Throws) updated 18/01/2018**

F21	10:35	U15 Girls	Shot
F22	11:00	All Male Competitors	Discus
F23	12:15	U20 Women & U17 Women	Shot
F24	13:45	All Male Competitors	Shot
F25	13:45	All Female Competitors	Discus

ALL TIMES ARE APPROXIMATE



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Track Timetable Sunday 28th January

Event	Time	Age Group	Event
T01	10:00	U13 Girls	60m Hurdles
T02	10:05	U13Boys	60m Hurdles
T03	10:10	U15 Girls	60m Hurdles
T04	10:30	U15 Boys	60m Hurdles
T05	10:40	U17Women	60m Hurdles
T06	10:55	U17Men	60m Hurdles
T07	11:05	U20 Women	60m Hurdles
T08	11:10	Senior Women	60m Hurdles
T09	11:15	U20 Men	60m Hurdles
T10	11:20	U13Boys	60m
T11	11:24	U13 Girls	60m
T12	11:40	U15 Boys	60m
T13	11:48	U15Girls	60m
T14	12:12	U17Men	60m
T15	12:32	U17Women	60m
T16	12:56	U20 Women	60m
T17	13:04	U20 Men	60m
T18	13:16	Senior Women	60m
T19	13:24	Senior Men	60m

Please note that if there are less heats

Event times will move forwards.

T20	13:56	U13 Girls	60m Hurdles
T21	14:01	U13Boys	60m Hurdles
T22	14:06	U15 Girls	60m Hurdles
T23	14:26	U15 Boys	60m Hurdles
T24	14:36	U17Women	60m Hurdles
T25	14:51	U17Men	60m Hurdles
T26	15:01	U20 Women	60m Hurdles
T27	15:06	U20 Men	60m Hurdles
T28	15:11	Senior Women	60m Hurdles
T29	15:16	U13Boys	60m
T30	15:20	U13 Girls	60m
T31	15:36	U15 Boys	60m
T32	15:44	U15Girls	60m
T33	16:08	U17 Men	60m
T34	16:28	U17Women	60m
T35	16:52	U20 Women	60m
T36	17:00	U20 Men	60m
T37	17:12	Senior Women	60m
T38	17:20	Senior Men	60m

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