



Midland Counties Athletic Association
3rd Open Meeting
Saturday 17th March 2018



F1	10:00	Long Jump U13G/U13B
F2	10:00	Long Jump U15 Girls
F3	10:00	Discus All Men
F4	10:30	High Jump Pool C
F5	11:30	Long Jump U17 Women
F6	11:30	Shot All Women
F7	11:40	Pole Vault Pool A (SH 2.20m)
F8	11:50	Triple Jump Pool A (7/9m Boards)
F9	12:00	High Jump Pool B
F10	13:00	Long Jump SM/U20M/U17M
F11	13:00	Discus SW/U20W/U17W
F12	13:55	High Jump Pool A1 (SH 1.20m)
F13	13:55	High Jump Pool A2 (SH 1.20m)
F14	14:00	Pole Vault Pool B (SH 3.20m)
F15	14:15	Long Jump SW/U20W
F16	14:30	Shot All Men
F17	16:00	Discus U15 Girls
F18	16:30	Triple Jump Pool B (11/13m Boards)
F19	16:30	Long Jump U15 Boys

Jumps are based on 4 trials (U13's 3 trials)

ALL TIMES ARE APPROXIMATE



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T01	09:45	U13 Girls	60m Hurdles
T02	09:53	U13Boys	60m Hurdles
T03	09:57	U15 Girls	60m Hurdles
T04	10:09	U17 Women	60m Hurdles
T05	10:21	U15 Boys	60m Hurdles
T06	10:29	U20 Women	60m Hurdles
T07	10:37	Senior Women	60m Hurdles
T08	10:41	U17 Men	60m Hurdles
T09	10:49	U20 Men	60m Hurdles
T10	10:57	Senior Men	60m Hurdles
T11	11:01	U13Boys	60m
T12	11:13	U13 Girls	60m
T13	11:37	U15 Boys	60m
T14	11:49	U15 Girls	60m
T15	12:17	U17 Women	60m
T16	12:41	U17 Men	60m
T17	13:05	U20 Women	60m
T18	13:17	U20 Men	60m
T19	13:29	Senior Women	60m
T20	13:37	Senior Men	60m
T21	14:12	U13 Girls	70m Hurdles
T22	14:20	U13Boys	75m Hurdles
T23	14:24	U15 Girls	75m Hurdles
T24	14:36	U17 Women	80m Hurdles
T25	14:48	U15 Boys	80m Hurdles
T26	14:56	U20 Women	100m Hurdles
T27	15:04	Senior Women	100m Hurdles
T28	15:08	U17 Men	100m Hurdles
T29	15:16	U20 Men	110m Hurdles
T30	15:24	Senior Men	110m Hurdles
T31	15:28	U13Boys	100m
T32	15:40	U13 Girls	100m
T33	16:04	U15 Boys	100m
T34	16:16	U15Girls	100m
T35	16:44	U17Women	100m
T36	17:08	U17Men	100m
T37	17:32	U20 Women	100m
T38	17:44	U20 Men	100m
T39	17:56	Senior Women	100m
T40	18:04	Senior Men	100m

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FIELD (based on 4 or 5 Trials)

F20	10:00	Javelin	All Men
F21	11:45	Javelin	SW/U20W/U17W/U13G
F22	13:30	Javelin	U15G
F23	14:55	Hammer	All Women
F24	16:50	Hammer	All Men