

**MDLAND COUNTIES ATHLETIC ASSOCIATION
1ST OPEN MEETING
INDOOR PERFORMANCE CENTRE
ALEXANDER STADIUM BIRMINGHAM
23/24 JANUARY 2010**

TIMETABLE

SATURDAY 23 JANUARY

TRACK

11.00	T1	U13 Boys	60m Hurdles	Round 1
	T1a	U13 Girls	60m Hurdles	Round 1
	T1b	U15 Girls	60m Hurdles	Round 1
11.15	T2	U17 Women	60m Hurdles	Round 1
	T3	U15 Boys	60m Hurdles	Round 1
11.30	T4	U20 Women	60m Hurdles	Round 1
	T4a	Senior Women	60m Hurdles	Round 1
	T6	U17 Men	60m Hurdles	Round 1
11.45	T6a	U20 Men	60m Hurdles	Round 1
	T7	Senior Men	60m Hurdles	Round 1
12.00	T8	U13 Girls	60m	Round 1
	T9	U13 Boys	60m	Round 1
12.05	T10	U15 Girls	60m	Round 1
12.15	T11	U15 Boys	60m	Round 1
12.25	T12	U17 Women	60m	Round 1
	T13	U17 Men	60m	Round 1
12.45	T14	U20 Women	60m	Round 1
	T15	U20 Men	60m	Round 1
12.55	T16	Senior Women	60m	Round 1
	T17	Senior Men	60m	Round 1
13.30	T18	U15 Girls	60m Hurdles	Round 2
	T18a	U13Boys	60m Hurdles	Round 2
	T18b	U13 Girls	60m Hurdles	Round 2
13.45	T19	U17 Women	60m Hurdles	Round 2
	T20	U15 Boys	60m Hurdles	Round 2
14.00	T21	U20 Women	60m Hurdles	Round 2
	T21a	Senior Women	60m Hurdles	Round 2
	T22	U17 Men	60m Hurdles	Round 2
14.15	T23	U20 Men	60m Hurdles	Round 2
	T24	Senior Men	60m Hurdles	Round 2
14.30	T25	U13 Girls	60m	Round 2
	T26	U13 Boys	60m	Round 2
14.35	T27	U15 Girls	60m	Round 2
	T28	U15 Boys	60m	Round 2
14.55	T29	U17 Women	60m	Round 2
	T30	U17 Men	60m	Round 2
15.15	T31	U20 Men	60m	Round 2
	T32	U20 Women	60m	Round 2
15.25	T33	Senior Women	60m	Round 2
	T34	Senior Men	60m	Round 2

FIELD

10.30	F01	Mens	Discus
12.00	F02	Womens	Discus
13.15	F03	Men	Shot
14.30	F04	Women	Shot

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SUNDAY 24 JANUARY

FIELD

10.00	F05	Hammer	Women	
	F06	High Jump	SM/U20M/SW	
	F07	Triple Jump	Women	
	F08	Long Jump	U15G/U17W/U20W	
10.30	F09	Pole Vault 'B' standard	Men/Women	SH 2.20m
12.00	F10	Hammer	Men	
	F11	Long Jump	SM/U20M/SW	
	F12	High Jump	U17M/U15B/U20W	
12.30	F13	Pole Vault 'A' standard	Men/Women	SH 3.20m
14.00	F14	High Jump	U15G/U17W	
	F15	Long Jump	U17M/U15B	
	F16	Triple Jump	Men	
	F17	Javelin	Men/Women	