



**Midland Counties Athletic Association**  
**3<sup>rd</sup> Indoor Open with Outdoor Throws**  
**16<sup>th</sup> / 17<sup>th</sup> March 2019**  
**High Performance Centre, Alexander Stadium**



**Field Timetable**

**Saturday 16<sup>th</sup> March**

10:00	F1	Pool C SH 1.75m	High Jump
10:00	F2	All Male Competitors	Discus
10:00	F3	Sen & U20 Men	Long Jump
10:00	F4	U13B & U13G	Long Jump
10:30	F5	Pool A 2.20 SH	Pole Vault
11:10	F6	U17 Women	Long Jump
11:20	F7	Pool A 7m Board	Triple Jump
11:45	F8	U15G & U13G	Shot
12:00	F9	Pool B 1.50m SH	High Jump
12:25	F10	Pool C 11m Board	Triple Jump
12:40	F11	U17 Men	Long Jump
13:20	F12	All Male Competitors	Shot
13:25	F13	Pool B 3.20 SH	Pole Vault
13:50	F14	U15 Boys	Long Jump
14:30	F15	Pool B 9m Board	Triple Jump
14:35	F16	U20W & U17W	Shot
14:55	F17	Sen & U20 Women	Long Jump
15:10	F18	Pool A1 SH 1.20m	High Jump
15:10	F19	Pool A2 SH 1.20m	High Jump
15:55	F20	All Female Competitors	Discus
16:10	F21	U15 Girls	Long Jump

**Horizontal Jumps – 4 Trials each Competitor (Except U13's who will have 3 trials each)**

**External Throws - Number of trials will depend upon final numbers (except U13's who will have 3 trials each)**

**Field Timetable**

**Sunday 17<sup>th</sup> March (Outdoor Throws)**

10:00	F22	Sen W & U17W	Javelin
11:40	F23	All Male Competitors	Javelin
13:15	F24	U20W U15G U13G	Javelin
14:45	F25	All Male Competitors	Hammer
16:05	F26	All Female Competitors	Hammer

**Number of trials will depend upon final numbers (except U13's who will have 3 trials each)**



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## TRACK TIMETABLE

Sunday 17th March

10:30	T01	U13 Girls	60m Hurdles	10:30
10:39	T02	U13 Boys	60m Hurdles	10:39
10:43	T03	U15 Girls	60m Hurdles	10:43
10:56	T04	Masters Mixed	60m Hurdles	10:56
10:57	T05	U17 Women	60m Hurdles	10:57
11:10	T06	U15 Boys	60m Hurdles	11:10
11:19	T07	U20 Women	60m Hurdles	11:19
11:23	T08	Senior Women	60m Hurdles	11:23
11:27	T09	U17 Men	60m Hurdles	11:27
11:31	T10	Sen & U20 Men	60m Hurdles	11:31
11:35	T11	U13 Girls	70m Hurdles	11:35
11:44	T12	U13 Boys	75m Hurdles	11:44
11:48	T13	U15 Girls	75m Hurdles	11:48
12:01	T14	Masters Mixed	80m Hurdles	12:01
12:02	T15	U17 Women	80m Hurdles	12:02
12:15	T16	U15 Boys	80m Hurdles	12:15
12:24	T17	U20 Women	100m Hurdles	12:24
12:28	T18	Senior Women	100m Hurdles	12:28
12:32	T19	U17 Men	100m Hurdles	12:32
12:36	T20	Sen & U20 Men	110m Hurdles	12:36
12:40	T21	U13 Boys	60m	12:40
12:48	T22	U13 Girls	60m	12:48
13:08	T23	U15 Boys	60m	13:08
13:20	T24	U15 Girls	60m	13:20
13:48	T25	U17 Women	60m	13:48
14:20	T26	U17 Men	60m	14:20
14:40	T27	U20 Women	60m	14:40
14:52	T28	U20 Men	60m	14:52
15:08	T29	Senior Women	60m	15:08
15:16	T30	Senior Men	60m	15:16
15:32	T31	U13 Boys	100m	15:32
15:40	T32	U13 Girls	100m	15:40
16:00	T33	U15 Boys	100m	16:00
16:12	T34	U15 Girls	100m	16:12
16:40	T35	U17 Women	100m	16:40
17:12	T36	U17 Men	100m	17:12
17:32	T37	U20 Women	100m	17:32
17:44	T38	U20 Men	100m	17:44
18:00	T39	Senior Women	100m	18:00
18:08	T40	Senior Men	100m	18:08

ALL TIMES ARE APPROXIMATE