



**Midland Counties Athletic Association**  
**1<sup>st</sup> Indoor Open with Outdoor Throws**  
**5<sup>th</sup> / 6<sup>th</sup> January 2019**  
**High Performance Centre, Alexander Stadium**



**Field Timetable**  
**Saturday 5<sup>th</sup> January**

F01	10:15	U13 Boys & Girls	Long Jump
F02	10:15	Senior Men & U20 Men	Long Jump
F03	10:40	Pool A SH 1.20m	High Jump
F04	10:40	Pool A1 SH 1.20m	High Jump
F05	10:45	All Women	Javelin
F06	11:15	Triple Jump 7m Board	Triple Jump
F07	11:50	Sen & U20 Women	Long Jump
F08	12:15	All Men	Hammer
F09	12:45	Triple Jump 9m Board	Triple Jump
F10	13:05	U17 Men/ U15 Boys	Long Jump
F11	13:15	All Men	Javelin
F12	13:15	Pool A SH 2.20m	Pole Vault
F13	13:25	Pool C SH 1.75m	High Jump
F14	14:15	Triple Jump 11/13m Board	Triple Jump
F15	14:30	U17 Women	Long Jump
F16	14:40	All Women	Hammer
F17	15:20	Pool B SH 1.50m	High Jump
F18	15:25	Pool B SH 3.20m	Pole Vault
F19	16:00	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 7<sup>th</sup> January (Outdoor Throws)**

F20	11:00	All Male Competitors	Discus
F21	11:00	U20W/U15G	Shot
F22	12:30	Sen Women & U17 Girls	Shot
F23	13:30	All Female Competitors	Discus
F24	13:30	All Male Competitors	Shot

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

**Midland Counties Athletic Association**  
**1<sup>st</sup> Indoor Open with Outdoor Throws**  
**5<sup>th</sup> / 6<sup>th</sup> January 2019**  
**High Performance Centre, Alexander Stadium**

**Track Timetable**  
**Sunday 7<sup>th</sup> January**

T01	10:30	U13 Girls	60m Hurdles
T02	10:40	U13 Boys	60m Hurdles
T03	10:44	U15 Girls	60m Hurdles
T04	11:00	U17 Women	60m Hurdles
T05	11:15	U15 Boys	60m Hurdles
T06	11:25	U20 Women	60m Hurdles
T07	11:35	Senior Women	60m Hurdles
T08	11:40	U17 Men	60m Hurdles
T09	11:45	U20 Men	60m Hurdles
T10	11:53	U13 Boys	60m
T11	11:57	U13 Girls	60m
T12	12:05	U15 Boys	60m
T13	12:21	U15 Girls	60m
T14	12:41	U17 Women	60m
T15	12:53	U17 Men	60m
T16	13:13	U20 Women	60m
T17	13:25	U20 Men	60m
T18	13:41	Senior Women	60m
T19	13:49	Senior Men	60m
T20	14:20	U13 Girls	60m Hurdles
T21	14:20	U13 Boys	60m Hurdles
T22	14:30	U15 Girls	60m Hurdles
T23	14:35	U17 Women	60m Hurdles
T24	14:50	U15 Boys	60m Hurdles
T25	15:05	U20 Women	60m Hurdles
T26	15:15	Senior Women	60m Hurdles
T27	15:25	U17 Men	60m Hurdles
T28	15:30	U20 Men	60m Hurdles
T29	15:35	U13 Boys	60m
T30	15:45	U13 Girls	60m
T31	15:50	U15 Boys	60m
T32	15:58	U15 Girls	60m
T33	16:15	U17 Women	60m
T34	16:37	U17 Men	60m
T35	16:51	U20 Women	60m
T36	17:13	U20 Men	60m
T37	17:27	Senior Women	60m
T38	17:45	Senior Men	60m

All times are approximate