



Midland Counties Athletic Association
2nd Indoor Open with Outdoor Throws
26th / 27th January 2019
High Performance Centre, Alexander Stadium



Field Timetable

Saturday 26th January

10:00	F01	U13 Boys & Girls	Long Jump
10:00	F02	Senior & U20 Men	Long Jump
10:25	F03	High Jump Pool A	High Jump
10:25	F04	High Jump Pool A1	High Jump
10:30	F05	All Women	Javelin
11:10	F06	Triple Jump 7m Board	Triple Jump
11:20	F07	Sen & U20 Women	Long Jump
12:30	F08	All Men	Hammer
12:30	F09	Triple Jump 9m Board	Triple Jump
12:45	F10	U17 Men	Long Jump
13:30	F11	All Men	Javelin
13:20	F12	High Jump Pool C	High Jump
14:00	F13	Triple Jump 11m Board	Triple Jump
14:10	F14	U17 Women	Long Jump
14:40	F15	All Women	Hammer
15:05	F16	Pool B	High Jump
15:25	F17	U15 Girls	Long Jump
16:50	F18	U15 Boys	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 27th January (Outdoor Throws)

11:00	F19	All Men	Discus
11:00	F20	Senior & U20 & U17W	Shot
12:30	F21	U15 Girls	Shot
13:50	F22	All Women	Discus
13:50	F23	All Men	Shot

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



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TRACK TIMETABLE

Sunday 27th January

10:15	T01	U13 Girls	60m Hurdles
10:20	T02	U13 Boys	60m Hurdles
10:24	T03	U15 Girls	60m Hurdles
10:44	T04	Masters Mixed	60m Hurdles
10:56	T05	U17 Women	60m Hurdles
11:12	T06	U15 Boys	60m Hurdles
11:22	T07	U20 Women	60m Hurdles
11:27	T08	Senior Women	60m Hurdles
11:32	T09	U17 Men	60m Hurdles
11:42	T10	U20 Men	60m Hurdles
11:50	T11	Senior Men	60m Hurdles
12:09	T12	U13 Girls	60m Hurdles
12:14	T13	U13 Boys	60m Hurdles
12:18	T14	U15 Girls	60m Hurdles
12:38	T15	Masters Mixed	60m Hurdles
12:50	T16	U17 Women	60m Hurdles
13:06	T17	U15 Boys	60m Hurdles
13:16	T18	U20 Women	60m Hurdles
13:21	T19	Senior Women	60m Hurdles
13:26	T20	U17 Men	60m Hurdles
13:36	T21	U20 Men	60m Hurdles
13:44	T22	Senior Men	60m Hurdles
13:52	T23	U13 Boys	60m
13:57	T24	U13 Girls	60m
14:02	T25	U15 Boys	60m
14:07	T26	U15 Girls	60m
14:27	T27	U17 Women	60m
14:52	T28	U17 Men	60m
15:22	T29	U20 Women	60m
15:27	T30	U20 Men	60m
15:32	T31	Senior Women	60m
15:42	T32	Senior Men	60m
15:56	T33	U13 Boys	60m
16:04	T34	U13 Girls	60m
16:09	T35	U15 Boys	60m
16:29	T36	U15 Girls	60m
16:54	T37	U17 Women	60m
17:04	T38	U17 Men	60m
17:09	T39	U20 Women	60m
17:14	T40	U20 Men	60m
17:24	T41	Senior Women	60m
17:34	T42	Senior Men	60m

ALL TIMES ARE APPROXIMATE