

**British Milers Meet**

Wednesday 19th July 2023

Mary Peters Track

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| **Track** | **Field** |
| **Time** | **Event** | **Time** | **Event** |
| 6:30pm | Women’s 400m Invitational | 6:30pm | Women’s Hammer Invitational |
| 6:40pm | Men’s 400m Invitational |  |  |
| 6:50pm | Men’s 1500m C Race |  |  |
| 7:00pm | Men’s 1500m B Race | 7:00pm | Women’s High Jump Invitational |
| 7:10pm | Men’s 1500m A Race |  |  |
| 7:20pm | Women’s 1500m |  |  |
| 7:30pm | Women’s 100m Invitational |  |  |
| 7:35pm | Men’s 100m Invitational |  |  |
| 7:45pm | Men’s 800m D Race |  |  |
| 7:50pm | Men’s 800m C Race |  |  |
| 7:55pm | Men’s 800m B Race |  |  |
| 8:00pm | Men’s 800m A Race | 8:00pm | Men’s Javelin Invitational |
| 8:05pm | Women’s 800m B Race |  |  |
| 8:10pm | Women’s 800m A Race |  |  |
|  |  | 8:15pm | Women’s Long Jump Invitational |
| 8:20pm | Men’s 3000m B Race |  |  |
| 8:35pm | Men’s 3000m A Race |  |  |
| 8:50pm | Women’s 3000m |  |  |
| 9:15pm | NI Mixed 4x400m Relay Championship |  |  |