

Timetable of Events

Track		Field	
Time		Time	
12.00pm	U17 M 100m H	12.00	U13 B Long Jump
12:10pm	U15 B 80m H		U15 B High Jump
12.20pm	U17 W 80m H		U15/U17 M/W - Hammer – A only (1)
12.30pm	U13 B 75m H		U15G Shot
12.40pm	U15 G 75m H		U13 G Javelin (2)
12.50pm	U13 G 70m H		U13 B Javelin (3)
13:00pm	U13 G 150m		
13:10pm	U13 B 200m		
13:15pm	U15 G 200m	13:00	U15 B Javelin
13:25pm	U15 B 200m		U13 G Long Jump
13.30pm	U17 W 200m		U17 M Shot
13.35pm	U17 M 200m		U13 B High Jump
13:40 pm	U13 G 800m		U15/U17M Pole Vault – A only (3)
13:50pm	U13 B 800m		U15/U17 G Pole Vault - A only (2)
14:00 pm	U15 G 800m		
14:10 pm	U15 B 800m		
14:20 pm	U17 W 800m		
14:30 pm	U17 M 800m	2.00	U15 G Long Jump
14:40 pm	U13 G 75m		U15 B Shot
14:50 pm	U13 B 100m		U15 G Discus
14:55 pm	U15G 100m		U17 W High Jump(2)
15:00 pm	U15 B 100m		U17 M High Jump (1&3)
15:10 pm	U17 W 100m		
15:20 pm	U17 M 100m	2.45	U13 G Shot
15:30 pm	U13 G 1200m	3.00	U17 M Long Jump (2)
15:40 pm	U15 G 300m		U17 W Long Jump (1&3)
15:50 pm	U15 B 300m		U15 G High Jump
15:50 pm	U13 B 1500m		U15 B Discus
16:00 pm	U15 G 1500m		
16:10 pm	U15 B 1500m	3.30	U17 W Shot
16:20 pm	U17 W 1500m	4.00	U15 G Javelin
16:30 pm	U17 M 1500m		U13 G High Jump
			U15 B Long Jump
			U13 B Shot
16:40 pm	U13 G 4 x 100m Relay	4.15	
16:45 pm	U13 B 4 x 100m Relay		
16:50 pm	U15 G 4 x 100m Relay (Match 1&3)		
16:55 pm	U15 B 4 x 100m Relay (Match 1&3)		
17:00 pm	U17 M 4 x 100m Relay		
17:05 pm	U17 W 4 x 100m Relay		
17:10 pm	U15 G 4 x 300m Relay (Match 2 only)		
17:15 pm	U15 B 4 x 300m Relay (Match 2 only)		

(1) = event will take place in first meeting on 3 May - Grangemouth

(2) = event will take place in second meeting on 31 May - Kilmarnock

(3) = event will take place in third meeting on 21 June - Grangemouth

FIELD EVENTS – 3 Trials per athlete except vertical jumps.