

LAA Track & Field Championships 2019 Timetable – John Wright Sports Center – East Kilbride

Track Events:

T1	Senior Men	3000m	11:30	Some events may merge
T2	Senior Women	3000m		
T3	U17 Men	400m	11:45	Some events may merge
T4	Senior Men	400m		
T5	Senior Women	400m		
T6	Senior Men	100m	12:00	Some events may merge
T7	Senior Women	100m		
T8	U17 Men	100m		
T9	U17 Women	100m		
T10	U15 Boys	100m		
T11	U15 Girls	100m		
T12	U13 Boys	100m		
T13	U13 Girls	100m		
T14	U11 Boys	60m		
T15	U11 Girls	60m		
T16	Senior Men	800m	13:30	Some events may merge
T17	Senior Women	800m		
T18	U17 Men	800m		
T19	U17 Women	800m		
T20	U15 Boys	800m		
T21	U15 Girls	800m		
T22	U13 Boys	800m		
T23	U13 Girls	800m		
T24	U11 Boys	600m		
T25	U11 Girls	600m		
T26	Senior Men	200m	14:45	Some events may merge
T27	Senior Women	200m		
T28	U17 Men	200m		
T29	U17 Women	200m		
T30	U15 Boys	200m		
T31	U15 Girls	200m		
T32	U13 Boys	200m		
T33	U13 Girls	200m		
T34	Senior Men	1500m	15:20	Some events may merge
T35	Senior Women	1500m		
T36	U17 Men	1500m		
T37	U17 Women	1500m		
T38	U15 Boys	1500m		
T39	U15 Girls	1500m		

Field Events:

F1	U11 Boys	Long Jump	12:00
F2	U11 Girls	Long Jump	
F3	U13 Boys	Long Jump	
F4	U13 Girls	Long Jump	
F5	U15 Boys	Long Jump	
F6	U15 Girls	Long Jump	
F7	U17 Men	Long Jump	
F8	U17 Women	Long Jump	
F9	Senior Men	Long Jump	
F10	Senior Women	Long Jump	
F11	U13 Boys	Shot Putt	12:00
F12	U13 Girls	Shot Putt	
F13	U15 Boys	Shot Putt	
F14	U15 Girls	Shot Putt	
F15	U17 Men	Shot Putt	
F16	U17 Women	Shot Putt	
F17	Senior Men	Shot Putt	
F18	Senior Women	Shot Putt	
F19	U13 Boys	Javelin	14:00
F20	U13 Girls	Javelin	
F21	U15 Boys	Javelin	
F22	U15 Girls	Javelin	
F23	U17 Men	Javelin	
F24	U17 Women	Javelin	
F25	Senior Men	Javelin	
F26	Senior Women	Javelin	