**DIVISION 1 MATCH 3 – Ayr Sunday 23rd July 2023**

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| TRACK |  | FIELD |
| TIME | **AGE GROUP** | **EVENT** | **NOTES** |  | **TIME** | **AGE GROUP** | **EVENT** |
| 12:00 | Senior Men | 3000m | A & B |  | **12:00** | Under 17 & Senior Men | Discus |
|   | Masters Men | 3000m | A only |  |  | Under 17 & Sen Women | High Jump |
| 12:20 | Under 17 Women | 300m | A then B |  |  | Under 13 Girls | Long Jump |
| 12:30 | Under 17 Men | 400m | A then B |  |  | Under 11 Girls | Long Jump |
|   | Senior Women | 400m | A then B |  |  | Under 13 Boys | Shot Put |
|   | Senior Men | 400m | A then B |  | **12:40** | Under 15 Girls | Shot Put |
| 13:.00 | Under 11 Girls | 80m | A then B |  | **13:00** | Under 17 & Senior Men | High Jump |
|   | Under 11 Boys | 80m | A then B |  |  | Under 17 & Sen Women | Discus |
| 13:15 | Under 13 Girls | 100m | A then B |  | **13:20** | Under 15 Boys | Long Jump |
|   | Under 13 Boys | 100m | A then B |  |  | Under 13 Boys | High Jump |
|   | Under 15 Girls  | 100m | A then B |  |  | Under 13 Girls | Shot Put |
|   | Under 15 Boys | 100m | A then B |  | **14:00** | Under 17 Women | Shot Put |
|   | Under 17 Women | 100m | A then B |  |  | Under 15 Boys | Discus |
|   | Under 17 Men | 100m | A then B |  |  | Under 17 Men | Long Jump |
|   | Senior Women | 100m | A then B |  | **14:30** | Under 15 Boys | High Jump |
|   | Senior Men | 100m | A then B |  | **15:00** | Under 11 Boys | Long Jump |
|   | Masters Men | 100m | A then B |  |  | Under 15 Boys | Shot Put |
|   | Masters Women | 100m | A then B |  |  | Under 15 Girls | Discus |
| 14:35 | Under 11 Girls | 600m | A then B |  | **16:00** | Under 15 Girls | Long Jump |
|   | Under 11 Boys | 600m | A then B |  |  | Senior Men | Shot Put |
| 14:50 | Under 13 Girls | 800m | A then B |  |  |  |  |
|   | Under 13 Boys | 800m | A then B |  |  |  |  |
|   | Under 15 Girls  | 800m | A then B |  |  |  |  |
|   | Under 15 Boys | 800m | A then B |  |  |  |  |
|   | Under 17 Women | 800m | A then B |  |  |  |  |
|   | Under 17 Men | 800m | A then B |  |  |  |  |
|   | Senior Women | 800m | A then B |  |  |  |  |
|   | Senior Men | 800m | A then B |  |  |  |  |
|   | Masters Men | 800m | A then B |  |  |  |  |
|   | Masters Women | 800m | A then B |  |  |  |  |
| 16:15 | Under 11 Girls & Boys | 4x100m |   |  |  |  |
|   | Under 13 Girls & Boys | 4x100m |   |  |  |  |
|   | Under 15 Girls & Boys | 4x100m |   |  |  |  |
|   | Under 17 Women & Men | 4x100m |   |  |  |  |
|   | Senior Women & Men | 4x100m |   |  |  |  |

Note: relays are mixed, each team must have 2 males and 2 females in them, running in any order.