



Lanarkshire Amateur Athletics Association (LAAA)
Track & Field Championships Timetable (Provisional)
Crownpoint, Glasgow, Sunday 10th September 2023 10:30am
Please Note: All Timings are approximate and can be subject to change.

Track

Event #	Age Group	Event	# of Athletes	# of Heats	Time	Notes
T1/T2	Senior Men & Senior Women	3000m	15	1	10:30	
T3	U17 Women	300m	8	1	10:45	
T4	U17 Men	400m	6	1	10:50	
T5	Senior Men	400m	6	1	10:55	
T6	Senior Women	400m	4	1	11:00	
T7	Senior Men	100m	11	2	11:05	
T8	Senior Women	100m	11	2	11:10	
T9	U17 Men	100m	8	1	11:15	
T10	U17 Women	100m	13	2	11:20	
T11	U15 Boys	100m	15	2	11:25	
T12	U15 Girls	100m	36	5	11:30	
T13	U13 Boys	100m	29	4	11:45	
T14	U13 Girls	100m	41	6	12:00	
T15	U11 Boys	80m	28	4	12:20	
T16	U11 Girls	80m	30	4	12:30	
Lunch for Track Team (30mins)						
T17/ T18	Senior Men & Senior Women	800m	12	1	13:10	
T19	U17 Men	800m	10	1	13:15	
T20	U17 Women	800m	12	1	13:20	
T21	U15 Boys	800m	14	1	13:25	
T22	U15 Girls	800m	19	2	13:30	
T23	U13 Boys	800m	15	2	13:40	
T24	U13 Girls	800m	24	2	13:50	
T25	U11 Boys	600m	27	2	14:05	
T26	U11 Girls	600m	20	2	14:15	
T27	Senior Men	200m	11	2	14:25	

T28	Senior Women	200m	5	1	14:35	
T29	U17 Men	200m	13	2	14:30	
T30	U17 Women	200m	13	2	14:40	
T31	U15 Boys	200m	12	2	14:50	
T32	U15 Girls	200m	31	4	15:00	
T33	U13 Boys	200m	13	2	15:15	
T34	U13 Girls	200m	42	6	15:20	
T35/ T36	Senior Men & Senior Women	1500m	4	1	15:45	
T37/ T38	U17 Men & U17 Women	1500m	11	1	15.50	
T39/T40	U15 Boys & U15 Girls	1500m	14	1	15.55	

Field

Event #	Age Group	Event	# of Athletes	# of Pools	Time	Notes
F1	U11 Boys	Long Jump	20	1	10:30	Pit 2
F2	U11 Girls		40	2	10.30	Pit 1, Pool A (20), followed by Pool B (20) at 11.15
F3	U13 Boys		27	1	11.15	Pit 2
F4	U13 Girls		49	2	12.00	Pit 1, Pool A (25) at 12.00 Pit 2, Pool B (24) at 12.15
Lunch for Jumps Team (30mins)						
F5	U15 Boys		9	1	13.30	Pit 2
F6	U15 Girls		20	1	13.30	Pit 1
F7	U17 Women		12	1	14.15	Pit 1
F8	U17 Men		5	1	14.00	Pit 2
	Senior Men		3			
	Senior Women		7			
F9	U13 Boys	Shot Putt	7	1	10:30	
F10	U13 Girls		9	1	11.00	
F11	U15 Boys		6	1	11.30	
F12	U15 Girls		14	1	12.00	
Lunch for Throws Team (30mins)						
F13	U17 Men & Senior Men		8	1	13.00	
F14	U17 Women & Senior Women		12	1	13.30	
F15	U13 Boys & U13 Girls	Javelin	30	1	14.00	
F16	U15 Boys & U15 Girls		18	1	15.00	
F17	U17 Men & U17 Women		6	1	15,45	
F18	Senior Men & Senior Women		10	1	16.15	