



**Cumbernauld AAC
Club Championships 2023
Timetable
As always timings are approximate :-)**

Please Note: Can All Athletes Please Report to their Event Areas 15 Minutes before it is due to start

Track Timetable

Event #	Age Group	Event	Time	Notes
T1	U13 Girls	70mH	10:00	
T2	U15 Girls & U13 Boys	75mH	10.15	
T3	U17 Women & U15 Boys	80mH	10.30	
T4	U11 Girls & U11 Boys	75m	10:45	
T5	U13 Girls & U13 Boys	75m	11:00	
T6	U15 Girls & U15 Boys	100m	11:10	
T7	U17 Women & U17 Men	100m	11:25	
T8	U20 Men & Women & Senior Men & Senior Women	100m	11:35	
T9	U11 Girls & U11 Boys	150m	11:45	
T10	U13 Girls & U13 Boys	150m	11:55	
T11	U17 Women, Under 17 Men, Senior Women & Senior Men	200m	12:00	
T12	U15 Girls	300m	12:05	
T13	U17 Women	300n	12:10	
T14	U17 Men	400m	12:15	
T15	U9's & Parents Race (50m)			
Lunch for Track Team				
T16	U13 Girls & U13 Boys	800m	14:00	
T17	U15 Girls & U15 Boys	800m	14:20	
T18	U17 Women & U17 Men	800m	14:40	

T19	U20 Men & Women & Senior Men & Senior Women	800m	15:00	
T20	U11 Girls & U11 Boys	600m	15:15	

Field Timetable - Jumps (Long Jump, High Jump & Triple Jump)

Event #	Age Group	Event	Time	Notes
F1	U11 Girls & U11 Boys	Long Jump	09:30	
F2	U13 Girls & U13 Boys, U15 Girls & U15 Boys	High Jump	10.00	
F3	U13 Girls & U13 Boys	Long Jump	10.30	
F4	U17 Women & U17 Men, U20 Women & U20 Men, Senior Women & Senior Men	High Jump	11.00	
F5	U15 Girls & U15 Boys	Long Jump	11.30	
F6	U17 Women & U17 Men, U20 Women & U20 Men, Senior Women & Senior Men	Long Jump	12.30	
Lunch for Jumps Team				
F7	ALL	Triple Jump	13.30	

Field Timetable - Throws (Hammer, Discus, Shot Put, Javelin & Turbo Javelin)

F8	All	Hammer	09:30	
F9	All	Discus	10.00	
F10	U17 Women & U17 Men, U20 Women & U20 Men, Senior Women & Senior Men	Shot Put	10.30	
F11	U15 Girls & U15 Boys	Shot Put	11.30	
F12	U13 Boys & U13 Girls	Shot Put	12.15	
Lunch for Throws Team				
F13	U11 Girls & U11 Boys	Shot Put	13.30	
F14	U11 Girls & U11 Boys	Turbo Javelin	14.00	
F15	U13 Boys & U13 Girls	Javelin	14.00	
F16	U15 Girls & U15 Boys	Javelin	14.40	
F17	U17 Women & U17 Men, U20 Women & U20 Men, Senior Women & Senior Men	Javelin	15.15	