



**Cumbernauld AAC  
Club Championships 2024  
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	11:00	
T5	U13 Girls & U13 Boys	75m	11:10	
T6	U15 Girls & U15 Boys	100m	11:20	
T7	U17 Women & U17 Men	100m	11:30	
T8	U20 Men & Women & Senior Men & Senior Women	100m	11:35	
T9	U11 Girls & U11 Boys	150m	11:40	
T10	U13 Girls & U13 Boys	150m	11:45	
T11	U17 Women, Under 17 Men, Senior Women	200m	11:50	
T12	U20 Men & Women & Senior Men	200m	11:55	
T13	U17 Women	300m	12:00	
T14	U17 Men	400m	12:05	
T15	U9's & Parents Races			
Lunch for Track Team				
T16	U17 Men	800m	14:00	
T17	U17 Women & Senior Woman	800m	14:10	
T18	U20 Men & Women & Senior Men	800m	14:20	
T19	U15 Boys	800m	14:30	

T20	U15 Girls	800m	14:40	
T21	U13 Boys	800m	14:50	
T22	U13 Girls	800m	15:00	
T23	U11 Boys	600m	15:10	
T24	U11 Girls	600m	15:20	

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

Event #	Age Group	Event	Time	Notes
F1	U11 Girls & U11 Boys	Long Jump	09:45	
F2	ALL age groups	High Jump	10.00	
F3	U17 Women & U17 Men, U20 Men, Senior Women & Senior Men	Long Jump	10.45	
F4	U13 Girls & U13 Boys	Long Jump	11.45	
Lunch for Jumps Team				
F5	U15 Girls & U15 Boys	Long Jump	13.45	
F6	ALL age groups	Triple Jump	14.45	

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

F7	All	Hammer	10:48	
F8	All	Discus	10.00	
F9	U13 Boys & U13 Girls	Shot Put	10.30	
F10	U15 Girls & U15 Boys	Shot Put	10.45	
F11	U11 Girls & U11 Boys	Shot Put	11.20	
F12	U20 Women & U20 Men	Shot Put	12.00	
F13	U17 Women & U17 Men	Shot Put	12.30	
Lunch for Throws Team				
F14	U11 Girls & U11 Boys	Turbo Javelin	13.45	NOTE: Javelin will take place at the SP/Cage side of the track this year
F15	U13 Boys & U13 Girls	Javelin	14.15	
F16	All U15's, U17's, U20's & seniors	Javelin	14.45	