

SCOTTISH WOMEN'S ATHLETIC LEAGUE

PROGRAMME OF EVENTS 2009 – Grangemouth Only

TRACK EVENTS

12.30	1.	400M Hurdles	Sen	'A'
	2.	400m Hurdles	Sen	'B'
12.40	3.	300m Hurdles	U17	'A'
	4.	300m Hurdles	U17	'B'
12.50	5.	100m	U13	'A'
	6.	100m	U13	'B'
1:00	7.	100m	U15	'A'
	8.	100m	U15	'B'
1:10	9.	100m	U17	'A'
	10.	100m	U17	'B'
1:20	11.	100m	Sen	'A'
	12.	100m	Sen	'B'
1.30	13.	400m	Sen	'A'
	14.	400m	Sen	'B'
1.40	15.	300m	U17	'A'
	16.	300m	U17	'B'
1.50	17.	3000m	Sen	'A'
	18.	3000m	Sen	'B'
2.00	19.	70m Hurdles	U13	'A'
	20.	70m Hurdles	U13	'B'
2.10	21.	75m Hurdles	U15	'A'
	22.	75m Hurdles	U15	'B'
2.20	23.	80m Hurdles	U17	'A'
	24.	80m Hurdles	U17	'B'
2.30	25.	100m Hurdles	Sen	'A'
	26.	100m Hurdles	Sen	'B'

2.50	27.	800m	U17	'A'
	28.	800m	U17	'B'
3:00	29.	800m	Sen	'A'
	30.	800m	Sen	'B'
3.10	31.	200m	U13	'A'
	32.	200m	U13	'B'
3.20	33.	200m	U15	'A'
	34.	200m	U15	'B'
3.30	35.	200m	U17	'A'
	36.	200m	U17	'B'
3.40	37.	200m	Sen	'A'
	38.	200m	Sen	'B'
3.50	39.	800m	U15	'A'
	40.	800m	U15	'B'
4.00	41.	800m	U13	'A'
	42.	800m	U13	'B'
4.10	43.	1500m	U15	'A'
	44.	1500m	U15	'B'
4.20	45.	1500m	Sen	'A'
	46.	1500m	Sen	'B'
4.40	47.	4x100m	Sen	Relay
	48.	4x100m	U17	Relay
	49.	4x100m	U15	Relay
	50.	4x100m	U13	Relay
	51.	4x400m	Sen	Relay

A&B strings in the 3000m and 1500m races will run together.

FIELD EVENTS

12.00	1.	Hammer	Sen	
	2.	High Jump	U15	
	3.	Shot Putt	U17	
1.00	4.	Shot Putt	U15	
1.15	5.	Javelin	U17	**
	6.	Long Jump	Sen	*
1.30	7.	Pole Vault	Sen	
2.00	8.	Javelin	Sen	
2.15	9.	Long Jump	U17	

2.15	10.	High Jump	Sen	
3.00	11.	Javelin	U15	**
	12.	Long Jump	U15	
	13.	Shot Putt	Sen	
3.30	14.	High Jump	U17	
4.00	15.	Triple Jump	Sen	*
	16.	Discus	Sen	
	17.	Shot Putt	U13	

* LJ and TJ (sen) will alternate at each meeting. LJ (Sen) will take place at 13.00 in the 1st meetings in 2009 with TJ (Sen) at 4pm.

** U15 / U17 Discus / Javelin will alternate at each meeting. U15 and U17 Javelin will take place at the 1st meeting. Discus will take place at 2nd and 3rd meetings in 2009.