

**Scottish National Championships  
Provisional Timetable  
Saturday 20 June 2009**

**TRACK**

No	Time	Event		Heats
T1	13:00	5,000m	Men	Final
T2	13:25	400m	Men	3 Heats
T3	13:40	400m	Women	4 Heats
T4	14:00	100m	Men	3 Heats
T5	14:15	100m	Women	2 Heats
T6	14:25	800m	Men	5 Heats
T7	14:55	800m	Women	3 Heats
T8	15:15	400m Hurdles	Men	2 Heats
T9	15:30	400m Hurdles	Women	2 Heats
T10	15:45	1500m	Men	3 Heats
T11	16:05	1500m	Women	2 Heats
T12	16:20	3,000m S/Chase	Women	Final
T13	16:35	400m	Women	S/Final
T14	16:45	800m	Men	S/Final
T15	16:55	100m	Women	Final
T16	17:00	100m	Men	Final

**FIELD**

No	Time	Event		Heats
F1	12.00	Hammer	Women	Final
F2	13.00	High Jump	Women	Final
F3	13.00	Triple Jump	Men	Final
F4	14.00	Pole Vault	Women	Final
F5	14.00	Discus	Men	Final
F6	15.00	Javelin	Women	Final
F7	16.00	Shot Putt	Men	Final
F8	16.00	Long Jump	Women	Final



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**TRACK**

No	Time	Event		Heats
T1	11:30	100m hurdles	Women	2 Heats
T2	11:40	4 x 100m	U13 Girls	3 Heats
T3	11:55	4 x 100m	U13 Boys	2 Heats
T4	12:05	4 x 100m	U15 Girls	3 Heats
T5	12:20	4 x 100m	U15 Boys	2 Heats
T6	12:30	4 x 100m	U17 Women	2 Heats
T7	12:40	4 x 100m	U17 Men	2 Heats
T8	12:55	400m hurdles	Women	Final
T9	13:05	400m hurdles	Men	Final
		<b>LUNCH</b>		
T10	13:35	5,000m	Women	Final
T11	<b>14:00</b>	<b>Fife's Fastest Kid 60m</b>	<b>Girls/Boys</b>	<b>Final</b>
T12	14:05	100m wheelchair	Girls/Boys	Final
T13	14:10	200m	Men	5 Heats
T14	14:30	200m	Women	3 Heats
T15	14:45	1500m	Women	Final
T16	14:55	1500m	Men	Final
T17	15:00	110 hurdles	Men	Final
T18	15:10	100m hurdles	Women	Final
T19	15:20	200m	Men	S/Final
T20	15:30	400m	Men	Final
T21	15:35	400m	Women	Final
T22	15:40	800m	Women	Final
T23	15:45	800m	Men	Final
T24	15:50	3,000m S/Chase	Men	Final
T25	16:10	200m wheelchair	Girls/Boys	Final
T26	16:20	200m	Women	Final
T27	16:25	200m	Men	Final
T28	16:30	4 x 100m	U13 Girls	Final
T29	16:35	4 x 100m	U13 Boys	Final
T30	16:40	4 x 100m	U15 Girls	Final
T31	16:45	4 x 100m	U15 Boys	Final
T32	16:50	4 x 100m	U17 Women	Final
T33	16:55	4 x 100m	U17 Men	Final

**FIELD**

No	Time	Event		Heats
F1	10.30	Hammer	Men	Final
F2	11.30	High Jump	Men	Final
F3	11.30	Discus	Women	Final
F4	13.00	Pole Vault	Men	Final
F5	13.00	Long Jump	Men	Final
F6	14.00	Shot Putt	Women	Final
F7	15.00	Triple Jump	Women	Final
F8	15.00	Javelin	Men	Final

