

## U13 SuperTeams, U15/U17 Championships and Senior/U20 Relay Championships

Sat 15<sup>th</sup> & Sun 16<sup>th</sup> August 2009, Grangemouth

U15/U17	Male		Female	
	Under 15	Under 17	Under 15	Under 17
100m	Sun	Sat	Sun	Sat
200m	Sun	Sun	Sun	Sun
300m	-	-	-	Sat
400m	Sun	Sat	-	-
800m	Sun	Sun	Sun	Sun
1500m	Sun	Sat	Sun	Sat
Sprint Hurdles	Sun	Sun	Sun	Sun
300m Hurdles	-	-	-	Sat
400m Hurdles	-	Sat	-	-
1500m Steeplechase	-	Sun	-	-
Long Jump	Sun	Sun	Sun	Sat
Triple Jump	Sun	Sat		Sun
High Jump	Sun	Sun	Sun	Sat
Pole Vault	Sun	Sun	Sun	Sat
Shot Putt	Sun	Sat	Sun	Sun
Discus	Sun	Sat	Sun	Sun
Javelin	Sun	Sat	Sun	Sat
Hammer	Sun	Sat	Sun	Sat

U13	Male Under 13	Female Under 13
200m	Sat	Sat
Shot Putt	Sat	Sat
High Jump	Sat	Sat
4x 100m Relay	Sat	Sat

U20/Sen	Male U20/Sen	Female U20/Sen
4x 100m Relay	Sun	Sun
4x 400m Relay	Sun	Sun

U15/U17 are individual championships, U13 SuperTeams are teams of four with each team member participating in all events.