

# Scottish Athletics League

| Track Programme |                                    | Field Programme |                 |                   |                   |
|-----------------|------------------------------------|-----------------|-----------------|-------------------|-------------------|
| <u>Time</u>     | <u>Event</u>                       |                 | <u>Time</u>     | <u>Division 1</u> | <u>Division 2</u> |
| 13:00           | 400m hurdles – Division 1 (A)      | <b>Match 1</b>  | 12:00           | Pole Vault        | Pole Vault        |
|                 | 400m hurdles – Division 1 (B)      |                 | 12:00           | Hammer            | Long Jump         |
|                 | 400m hurdles – Division 2 (A)      |                 | 13:00           | Long Jump         | -                 |
|                 | 400m hurdles – Division 2 (B)      |                 | 13:15           | Shot              | Hammer            |
|                 |                                    |                 | 13:30           | -                 | High Jump         |
| 13:20           | 800m – Division 1 (A)              |                 | 14:00           | Javelin           | -                 |
|                 | 800m – Division 1 (B)              |                 | 15:00           | Triple Jump       | Shot              |
|                 | 800m – Division 2 (A)              |                 | 15:00           | High Jump         | -                 |
|                 | 800m – Division 2 (B)              |                 | 15:15           | Discus            | -                 |
|                 |                                    |                 | 16:15           | -                 | Javelin           |
| 13:45           | 100m – Division 1 (A)              | <b>Match 2</b>  | 12:00           | Pole Vault        | Pole Vault        |
|                 | 100m – Division 1 (B)              |                 | 12:00           | Hammer            | Long Jump         |
|                 | 100m – Division 2 (A)              |                 | 13:00           | Long Jump         | -                 |
|                 | 100m – Division 2 (B)              |                 | 13:15           | Shot              | Hammer            |
|                 | 100m – Guest                       |                 | 14:00           | Javelin           | Triple Jump       |
| 14:15           | 3000m steeplechase – Div 1&2 (A&B) |                 | 15:00           | Triple Jump       | Shot              |
|                 |                                    |                 | 15:00           | High Jump         | -                 |
| 14:35           | 110m hurdles – Division 1 (A)      |                 | 15:15           | Discus            | -                 |
|                 | 110m hurdles – Division 1 (B)      |                 | 16:15           | -                 | Discus            |
|                 | 110m hurdles – Division 2 (A)      |                 |                 |                   |                   |
|                 | 110m hurdles – Division 2 (B)      | <b>Match 3</b>  | 12:00           | Pole Vault        | Pole Vault        |
|                 | 12:00                              |                 | Hammer (A only) | Hammer (A only)   |                   |
| 14:50           | 400m – Division 1 (A)              |                 | 13:00           | Long Jump         | -                 |
|                 | 400m – Division 1 (B)              |                 | 13:15           | Shot              | Discus            |
|                 | 400m – Division 2 (A)              |                 | 13:30           | -                 | High Jump         |
|                 | 400m – Division 2 (B)              |                 | 14:00           | Javelin           | Triple Jump       |
|                 |                                    |                 | 15:00           | Triple Jump       | -                 |
| 15:15           | 1500m – Division 1 (A & B)         |                 | 15:00           | High Jump         | -                 |
|                 | 1500m – Division 2 (A & B)         |                 | 15:15           | Discus            | -                 |
|                 |                                    |                 | 16:15           | -                 | Javelin           |
| 15:35           | 200m – Division 1 (A)              | <b>Match 4</b>  | 12:00           | Pole Vault        | -                 |
|                 | 200m – Division 1 (B)              |                 | 12:00           | Hammer            | Long Jump         |
|                 | 200m – Division 2 (A)              |                 | 13:00           | Long Jump         | -                 |
|                 | 200m – Division 2 (B)              |                 | 13:15           | Shot              | Discus            |
| 16:00           | 5000m – Division 1 & 2 (A & B)     |                 | 13:30           | -                 | High Jump         |
|                 |                                    |                 | 14:00           | Javelin           | Triple Jump       |
| 16:25           | 4 × 100m relay – Division 1        |                 | 15:00           | Triple Jump       | Shot              |
|                 | 4 × 100m relay – Division 2        |                 | 15:00           | High Jump         | -                 |
|                 |                                    |                 | 15:15           | Discus            | -                 |
| 16:40           | 4 × 400m relay – Division 1        |                 | 16:15           | -                 | Javelin           |
|                 | 4 × 400m relay – Division 2        |                 |                 |                   |                   |