

Scottish Athletics League

<u>Track Programme</u>		<u>Field Programme</u>			
<u>Time</u>	<u>Event</u>		<u>Time</u>	<u>Division 1</u>	<u>Division 2</u>
13:00	400m hurdles – Division 1 (A)	Match 1	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)	Match 2	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)	Match 3	12:00	Pole Vault	Pole Vault
	110m hurdles – Division 2 (B)		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)	Match 4	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				