

Scottish Athletics League

Track Programme

Field Programme

<u>Time</u>	(Match 4) <u>Event</u>		<u>Time</u>	<u>Division 1</u>	<u>Division 2</u>
13:00	(12:30) 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
			13:15	-	High Jump
13:20	(12:50) 800m – Division 1 (A)		14:00	Javelin	Triple Jump
	800m – Division 1 (B)		14:45	High Jump	-
	800m – Division 2 (A)		15:00	Triple Jump	Shot
	800m – Division 2 (B)		15:15	Discus	-
			16:15	-	Javelin
13:45	(13:15) 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		13:15	-	High Jump
14:15	(13:45) 3000m steeplechase – Div 1&2 (A&B)		14:00	Javelin	Triple Jump
			14:45	High Jump	-
14:35	(14:05) 110m hurdles – Division 1 (A)		15:00	Triple Jump	Shot
	110m hurdles – Division 1 (B)		15:15	Discus	-
	110m hurdles – Division 2 (A)		16:15	-	Discus
	110m hurdles – Division 2 (B)	Match 3	12:00	Pole Vault	Pole Vault
14:50	(14:20) 400m – Division 1 (A)		12:00		Long Jump
	400m – Division 1 (B)		12:00	Hammer (A only)	Hammer (A only)
	400m – Division 2 (A)		13:00	Long Jump	-
	400m – Division 2 (B)		13:15	Shot	Discus
			13:15	-	High Jump
15:15	(14:45) 1500m – Division 1 (A & B)		14:00	Javelin	Triple Jump
	1500m – Division 2 (A & B)		14:45	High Jump	-
			15:00	Triple Jump	Shot
15:35	(15:05) 200m – Division 1 (A)		15:15	Discus	-
	200m – Division 1 (B)		16:15	-	Javelin
	200m – Division 2 (A)	Match 4	12:00	Pole Vault	Pole Vault
	200m – Division 2 (B)		12:00	Hammer	Long Jump
16:00	(15:30) 5000m– Division 1 & 2 (A & B)		13:00	Long Jump	-
	(10,000m at Match 4)		13:15	Shot	Discus
			13:15	-	High Jump
16:25	(16:15) 4 × 100m relay – Division 1		14:00	Javelin	Triple Jump
	4 × 100m relay – Division 2		14:45	High Jump	-
			15:00	Triple Jump	Shot
16:40	(16:30) 4 × 400m relay – Division 1		15:15	Discus	-
	4 × 400m relay – Division 2		16:15	-	Javelin