

National OPEN
17 January 2015
Emirates Arena, Glasgow

Straight Track

Event No	Time	Event	Age	Heats No	Entries	
T01	10.00	60m Hurdles	SM			
		60m Hurdles	U20M			
T02	10.05	60m Hurdles	U17M			
T03	10.10	60m Hurdles	SW			
T04	10.15	60m Hurdles	U20W			
T05	10.20	60m Hurdles	U15B			
T06	10.25	60m Hurdles	U17W			
T07	10.35	60m Hurdles	U15G			
T08	10.50	60m Hurdles	U13B			
T09	10.55	60m Hurdles	U13G			
T10	11.10	60m	OPEN	1 to 3		
	11.25	60m		4 to 6		
	11.40	60m		7 to 9		
	11.55	60m		10 to 12		
	12.10	60m		13 to 15		
	12.25	60m		16 to 18		
	12.40	60m		19 to 21		
	12.55	60m		22 to 24		
	13.10	60m		25 to 27		
	13.25	60m		28 to 30		
	13.40	60m		31 to 35		
	13.55	LUNCH				
		Circular Track				
Event No	Time	Event	Age			
T11	10.00	800m	OPEN	1 to 3		
	10.15	800m		4 to 6		
	10.30	800m		7 to 9		
	10.45	800m		10 to 12		
	11.00	800m		13 to 15		
	11.15	800m		16 to 18		
T12	11.30	400M	OPEN	1 to 4		
	11.50	400M		5		
	11.55	400M		6 to 8		
	12.10	400M		9 to 11		
	12.25	400M		12 to 14		
T13	12.40	300M	U17W,U15	1 to 4		
	13.00	LUNCH				
T14	14.00	1500m	OPEN	1 to 2		
	14.20	1500m		3 to 4		
	14.40	1500m		5 to 6		
T15	15.00	200m	OPEN	1 to 3		
	15.12	200m		4 to 6		
	15.24	200m		7 to 9		

**National OPEN
17 January 2015**

Emirates Arena, Glasgow

	15.36	200m		10 to 12		
	15.48	200m		13 to 15		
	16.00	200m		16 to 18		
	16.12	200m		19 to 21		
	16.24	200m		22 to 24		
	16.36	200m		25 to 27		
	16.48	200m		28 to 30		
	17.00	200m		31 to 33		
	17.12	200m		34 to 36		
	17.24	200m		37 to 39		
	17.36	200m		40 to 42		
	17.48	200m		43 to 47		

*** Please note that track events will be run in heats, fastest to slowest, mixed gender**

Proposed number of heats listed. This may change after declarations close

All heat lists will be displayed outside Call Room. Please check for report time.

		Field				
Event No	Time	Event	Age			Area
F01	10.00	Long Jump	Pool 3			
F02	10.00	Shot Putt	Pool 2			out
F03	10.00	Triple Jump	Pool 2			out
F04	10.45	Pole Vault	Pool 1			
F05	11.30	Triple Jump	Pool 1			out
F06	11.30	Shot Putt	Pool 3			out
F07	11.30	Long Jump	Pool 2			
F08	13.00	Shot Putt	Pool 4			out
F09	13.00	Long Jump	Pool 6			
F10	13.30	Pole Vault	Pool 2			
F11	14.00	Long Jump	Pool 4			out
F12	14.30	High Jump	Pool 1			
F13	14.30	High Jump	Pool 2			
F14	14.30	Shot Putt	Pool 1			out
F15	16.00	High Jump	Pool 3			
F16	16.00	High Jump	Pool 4			
F17	16.00	Long Jump	Pool 1			
F18	16.00	Long Jump	Pool 5			out

Horizontal Jumps & Shot Putt - 2 warm up attempts (more if time permits)

3 attempts in competition

Timetable is PROVISIONAL and subject to change

Scottish Athletics are not responsible for 3rd Party bookings