

Combined Events/Masters 2015

Provisional Timetable - Saturday 11 July 2015 Grangemouth

	Senior/ U20 Men	Masters Men	U17 Men	U15 Boys	U13 Boys	Senior/ Masters/U20 Women	U17 Women	Mast Track	Mast Field	
Entries										
10.00	100m	100m	100m	High Jump	High Jump				Hammer M/W	
10.15						100m Hurdles				
10.20						80m H (W50)	80m Hurdles			
10.30								Hurdles	Pole Vault M/W	
10.45	Long Jump	Long Jump	Long Jump					100m		
11.00										
11.15				100m Hurdles		High Jump	High Jump		Shot W	
11.20					80m Hurdles					
11.30									Discus M	
11.45								400m Hurdles		
12.00	Shot	Shot	Shot					3000m W		
12.15									High Jump M/W	
12.30								200m		
12.45										
13.00						Shot	Shot	5000m M	Javelin M/W	
13.30				Shot	Shot			800m	Long Jump M/W	
13.45										
14.00	High Jump	Pole Vault	High Jump					400m	Discus W	
14.30				Long Jump	Long Jump					
14.45										
15.00								1500m		
15.30									Triple Jump M/W	Shot M
Unspec	400m	400m	400m	800m	800m	200m	200m			

Track events only appear on this sheet as a guide

They will be run as far as possible as per the TRACK TIMETABLE

The Final CE Track Events will be run at a time to be arranged by the Overall Referee

Combined Events/Masters/10k & Relay Championships 2015

Provisional Timetable - Sunday 12 July 2015 Grangemouth

	Senior/ U20 Men	CE Masters Men	U17 Men	Sen/CE Masters /U20 Women	U17 Women	U15 Girls	U13 Girls	Other
Entries								
9.30								
9.40								
10.15	110m Hurdles	Hurdles	110m Hurdles			Long Jump	High Jump	
10.30								
10.45				Long Jump	Long Jump			
11.00								3 x 800m U13G
11.15								3 x 800m U13B
11.30	Discus	Discus	Discus			Hurdles	Hurdles	
11.45								3 x 800m U15G
12.00								3 x 800m U15B
12.15								3 x 800m U17W
12.30	Pole Vault	High Jump	Pole Vault			Shot	Long Jump	3 x 800m U17M
12.40								
12.50								
13.00								4 x 400m Sen W
13.05								
13.15				Javelin	Javelin			4 x 400m Sen M
13.20								
13.30								4 x 100m Sen W
13.45								4 x 100m Sen M
14.30						High Jump	Shot	
14.35								
14.45								
15.00	Javelin	Javelin	Javelin					Relay finals
15.15								
15.30								
16.00								
Unspec	1500m	1500m	1500m	800m	800m	800m	800m	

The Final Track events will be run at a time to be arranged by the Overall Referee.