

**scottishathletics Senior / National Champs & Parallel Success**  
**Aberdeen Sports Village**  
**Saturday 15 August 2015**

No	Time	Event		Round
T01	13.30	100m	Men	1
T02	13.45	100m	Women	1
T03	13.55	800m	Men	1
T04	14.15	800m	Women	1
T05	14.25	5000m	Women	Final
T06	14.45	400m	Men	1
T07	15.00	400m	Women	1
T08	15.10	1500m	Men	1
T09	15.30	100m	Men	Final
T10	15.35	100m	Women	Final
T11	15.40	3000m Steeplechase	Men	Final
T12	15.50	800m	Men	Semi Final
No	Time	Event		Round
F01	12.45	Javelin	Men	Final
F02	13.00	High Jump	Women	Final
F03	13.30	Triple Jump	Men	Final
F04	13.45	Pole Vault	Women	Final
F05	14.00	Discus	Men	Final
F06	14.45	Triple Jump	Women	Final
F07	15.00	Shot Putt	Men	Final
F08	15.15	Hammer	Women	Final
F09	15.15	Hammer	Men	Invitation



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**TRACK**

No	Time	Event		Round
T01	12.00	110m Hurdles	Men	Invitation
T02	12.05	100m Hurdles	Women	Invitation
T03	12.15	4 x 100m	U13 Girls	1
T04	12.25	4 x 100m	U13 Boys	1
T05	12.35	4 x 100m	U15 Girls	1
T06	12.45	4 x 100m	U15 Boys	1
T07	12.55	4 x 100m	U17 Women	1
T08	13.05	4 x 100m	U17 Men	1
T09	13.20	400m Hurdles	Women	1
T10	13.30	200m	Men	1
T11	13.45	200m	Women	1
T12	13.55	5000m	Men	Final
T13	14.15	110m Hurdles	Men	Final
T14	14.20	100m Hurdles	Women	Final
T15	14.30	400m	Men	Final
T16	14.35	400m	Women	Final
T17	14.40	800m	Men	Final
T18	14.45	800m	Women	Final
T19	14.55	400m Hurdles	Men	Final
T20	15.00	400m Hurdles	Women	Final
T21	15.10	1500m	Men	Final
T22	15.20	1500m	Women	Final
T23	15.30	200m	Women	Final
T24	15.35	200m	Men	Final
T25	15.40	4 x 100m	U13 Girls	Final
T26	15.45	4 x 100m	U13 Boys	Final
T27	15.50	4 x 100m	U15 Girls	Final
T28	15.55	4 x 100m	U15 Boys	Final
T29	16.00	4 x 100m	U17 Women	Final
T30	16.05	4 x 100m	U17 Men	Final

**FIELD**

No	Time	Event		Heats
F01	12.00	Seated Club	Women	Invitation
F02	12.15	Seated Shot	Men	Invitation
F03	12.45	Seated Discus	M/W	Invitation
F04	12.30	Shot Putt	Women	Final
F05	13.00	Pole Vault	Men	Final
F06	13.15	Javelin	Women	Final
F07	13.30	Long Jump	Women	Final
F08	14.30	High Jump	Men	Final
F09	14.45	Discus	Women	Final
F10	15.00	Long Jump	Men	Final