

# Scottish East District Championships

## Grangemouth Stadium

Friday 13<sup>th</sup> & Saturday 14<sup>th</sup> May 2016

	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U20</b>	<b>SEN</b>
	<b>01/09/03 – 31/08/05</b>	<b>01/09/01 – 31/08/03</b>	<b>01/09/99 – 31/08/01</b>	<b>01/01/97 – 31/08/99</b>	<b>31/12/96 or earlier</b>
<b>100m</b>	Sat	Sat	Sat	Sat	Sat
<b>200m</b>	Fri	Fri	Fri	Fri	Fri
<b>300m</b>		Sat	Sat (G)		
<b>400m</b>			Sat (B)	Sat	Sat
<b>800m</b>	Sat *	Sat *	Sat	Sat	Sat
<b>1500m</b>	Fri *	Fri *	Fri	Fri	Fri
<b>70mH</b>	Sat (G)				
<b>75mH</b>	Sat (B)	Sat (G)			
<b>80mH</b>		Sat (B)	Sat (W)		
<b>100mH</b>			Sat (M)	Sat (W)	Sat (W)
<b>110mH</b>				Sat (M)	Sat (M)
<b>300mH</b>			Sat (W)		
<b>400mH</b>			Sat (M)	Sat	Sat
<b>LJ</b>	Sat	Sat	Sat	Sat	Sat
<b>TJ</b>		Fri	Fri	Fri	Fri
<b>HJ</b>	Sat	Fri (G) Sat (B)	Sat	Sat	Sat
<b>SP</b>	Sat	Sat	Sat	Sat	Sat
<b>DT</b>	Fri	Fri	Sat	Sat	Sat
<b>JT</b>	Sat	Sat	Sat	Sat	Sat
<b>HT</b>		Fri	Fri	Fri	Fri

\* U13/U15s cannot compete in both the 800m and 1500m.