

Scottish Athletics League 2018 (Provisional Only)

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

Note that the track programme starts at 13:00 at Matches 1, 2 & 3 but starts earlier at 12:30 at Match 4 to allow the 5,000m to be replaced by a 10,000m. The field programme starts at 12:00 at all four matches.

Match 1: Saturday 5th May 2018 at Grangemouth

Match 2: Sunday 10th June 2018 at Aberdeen

Match 3: Sunday 24th June 2018 at Grangemouth

Match 4: Sunday 26th August 2018 at Kilmarnock