

scottishathletics U20 & Senior Inter-Regional Championships 2009
Wishaw, North Lanarkshire
PROVISIONAL TIMETABLE - Sunday 10 May 2009

TRACK EVENTS

EVENT NO	TIME	EVENT	AGE GROUP	RACE	ATHLETES	
		U20/Senior InterRegional Draft Timetable				
T01	9.45	400m Hurdles	Women	B Race		
T02	9.50	400m Hurdles	Women	A Race		
T03	10.00	400m Hurdles	U17 Men	Final		
T04	10.10	400m Hurdles	Men	B Race		
T05	10.15	400m Hurdles	Men	A Race		
T06	10.25	100m	Men	B Race		
T07	10.30	100m	Men	A Race		
T08	10.35	100m	Women	B Race		
T09	10.40	100m	Women	A Race		
T10	10.50	5,000m	Women	A/B Race		
T11	11.10	5,000m	Men	A/B Race		
T12	11.30	400m	Men	B Race		
T13	11.35	400m	Men	A Race		
T14	11.40	400m	Women	B Race		
T15	11.45	400m	Women	A Race		
T16	12.05	1500m	Men	A/B Race		
T17	12.20	1500m	Women	A/B Race		
		LUNCH				
T18	13.20	110m Hurdles	Men	B Race		
T19	13.25	110m Hurdles	Men	A Race		
T20	13.35	100m Hurdles	U17 Men	Final		
T21	13.45	100m Hurdles	Women	B Race		
T22	13.50	100m Hurdles	Women	A Race		
T23	14.00	80m Hurdles	U15 Boys	Final		
T24	14.05	80m Hurdles	U17 Women	Final		
T25	14.15	75m Hurdles	U15 Girls	Heats		
T26	14.25	200m	Men	B Race		
T27	14.30	200m	Men	A Race		
T28	14.35	200m	Women	B Race		
T29	14.40	200m	Women	A Race		
T30	14.45	800m	Men	B Race		
T31	14.50	800m	Men	A Race		
T32	14.55	800m	Women	B Race		
T33	15.00	800m	Women	A Race		
T34	15.10	75m Hurdles	U15 Girls	Final		
T35	15.20	4 x 100m	Men			
T36	15.25	4 x 100m	Women			

T37	15.35	1500m S/Chase	U17 Men	Final	
T38	15.55	2000m S/Chase	Women	A&B Race	
T39	16.15	3000m S/Chase	Men	A&B Race	
T40	16.45	4 x 400m	Men		
T41	16.50	4 x 400m	Women		

NB

4 X 400M Relays will start on completion of field events

FIELD EVENTS

EVENT NO	TIME	EVENT	AGE GROUP	ATHLETES
				3 each best 6 to fina
	9.30	Hammer	Men	
	10.45	Hammer	Women	
	10.45	Pole Vault	Men	
	10.45	Long Jump	Women	
	12.00	Javelin	Women	
	12.00	Long Jump	Men	
	12.00	High Jump	Women	
	13.15	Javelin	Men	
	13.15	Triple Jump	Women	
	13.15	Shot Putt	Men	
	14.30	Discus	Women	
	14.30	Pole Vault	Women	
	14.30	High Jump	Men	
	15.45	Discus	Men	
	15.45	Triple Jump	Men	
	15.45	Shot Putt	Women	