

Scottish Athletics League

Track Programme

Field Programme

<u>Time</u>	(Match 4)	<u>Event</u>		<u>Time</u>	<u>Division 1</u>	<u>Division 2</u>
13:00	(12:30)	400m hurdles – Division 1 (A)	Match 1	12:00	Pole Vault	Pole Vault
		400m hurdles – Division 1 (B)		12:00	Hammer	Long Jump
		400m hurdles – Division 2 (A)		13:00	Long Jump	-
		400m hurdles – Division 2 (B)		13:15	Shot	Hammer
				13:15	-	High Jump
13:20	(12:50)	800m – Division 1 (A)		14:00	Javelin	-
		800m – Division 1 (B)		14:45	High Jump	-
		800m – Division 2 (A)		15:00	Triple Jump	Shot
		800m – Division 2 (B)		15:15	Discus	-
				16:15	-	Javelin
13:45	(13:15)	100m – Division 1 (A)	Match 2	12:00	Pole Vault	Pole Vault
		100m – Division 1 (B)		12:00	Hammer	Long Jump
		100m – Division 2 (A)		13:00	Long Jump	-
		100m – Division 2 (B)		13:15	Shot	Hammer
		100m – Guest		13:15	-	High Jump
14:15	(13:45)	3000m steeplechase – Div 1&2 (A&B)		14:00	Javelin	Triple Jump
				14:45	High Jump	-
14:35	(14:05)	110m hurdles – Division 1 (A)		15:00	Triple Jump	Shot
		110m hurdles – Division 1 (B)		15:15	Discus	-
		110m hurdles – Division 2 (A)		16:15	-	Discus
		110m hurdles – Division 2 (B)	Match 3	12:00	Pole Vault	Pole Vault
14:50	(14:20)	400m – Division 1 (A)		12:00		Long Jump
		400m – Division 1 (B)		12:00	Hammer (A only)	Hammer (A only)
		400m – Division 2 (A)		13:00	Long Jump	-
		400m – Division 2 (B)		13:15	Shot	Discus
				13:15	-	High Jump
15:15	(14:45)	1500m – Division 1 (A & B)		14:00	Javelin	Triple Jump
		1500m – Division 2 (A & B)		14:45	High Jump	-
				15:00	Triple Jump	Shot
15:35	(15:05)	200m – Division 1 (A)		15:15	Discus	-
		200m – Division 1 (B)		16:15	-	Javelin
		200m – Division 2 (A)				
		200m – Division 2 (B)	Match 4	12:00	Pole Vault	Pole Vault
				12:00	Hammer	Long Jump
16:00	(15:30)	5000m – Division 1 & 2 (A & B)		13:00	Long Jump	-
				13:15	Shot	Discus
16:25	(16:15)	4 × 100m relay – Division 1		13:15	-	High Jump
		4 × 100m relay – Division 2		14:00	Javelin	Triple Jump
				14:45	High Jump	-
16:40	(16:30)	4 × 400m relay – Division 1		15:00	Triple Jump	Shot
		4 × 400m relay – Division 2		15:15	Discus	-
				16:15	-	Javelin