

**SAL U16/20 Age Group Champs**  
**Grangemouth Stadium**  
**Sunday 26th August 2012**

**Provisional Track Timetable**

| Event No. | Time  | Event         | Age Group    | Round      | Heats | Number |
|-----------|-------|---------------|--------------|------------|-------|--------|
| T01       | 9.45  | 400m Hurdles  | U20 Men      | 1          | Final |        |
| T02       | 9.50  | 400m Hurdles  | U20 Women    | 1          | Final |        |
| T03       | 10.00 | 100m          | U16 Girls    | 1          | 5     |        |
| T04       | 10.15 | 100m          | U16 Boys     | 1          | 3     |        |
| T05       | 10.40 | 100m          | U20 Women    | 1          | 2     |        |
| T06       | 10.50 | 100m          | U20 Men      | 1          | 2     |        |
| T07       | 11.00 | 1500m         | U16 Boys     | 1          | 2     |        |
| T08       | 11.20 | 1500m         | U16 Girls    | 1          | 2     |        |
| T09       | 11.30 | 300m          | U16 Girls    | 1          | ?     |        |
| T10       | 11.40 | 400m          | U16 Boys     | 1          | 2     |        |
| T11       | 11.40 | 400m          | U20 Women    | 1          | 2     |        |
| T12       | 11.50 | 400m          | U20 Men      | 1          | 2     |        |
| T13       | 12.00 | 100m          | U16 Girls    | Semi Final | 2     |        |
| T14       | 12.10 | 100m          | U16 Boys     | Final      | 1     |        |
| T15       | 12.15 | 100m          | U20 Women    | Final      | 1     |        |
| T16       | 12.20 | 100m          | U20 Men      | Final      | 1     |        |
| T17       | 12.25 | 800m          | U16 Girls    | 1          | 4     |        |
| T18       | 12.45 | 800m          | U16 Boys     | 1          | 3     |        |
| T19       | 13.00 | 800m          | U20 Women    | 1          | 2     |        |
| T20       | 13.10 | 800m          | U20 Men      | 1          | 2     |        |
| T21       | 13.15 | 300m Hurdles  | U16 Boys     | 1          | Final |        |
| T22       | 13.20 | 300m Hurdles  | U16 Girls    | 1          | Final |        |
|           |       | <b>LUNCH</b>  |              |            |       |        |
| T23       | 14.00 | 110m Hurdles  | U20 Men      | Final      | 1     |        |
| T24       | 14.05 | 100m Hurdles  | U16 Boys     | Final      | 1     |        |
| T25       | 14.10 | 100m Hurdles  | U20 Women    | Final      | 1     |        |
| T26       | 14.15 | 80m Hurdles   | U16 Girls    | 1          | 3     |        |
| T27       | 14.30 | 100m          | U16 Girls    | Final      | 1     |        |
| T28       | 14.35 | 400m          | U16 Boys     | Final      | 1     |        |
| T29       | 14.40 | 400m          | U20 Women    | Final      | 1     |        |
| T30       | 14.45 | 400m          | U20 Men      | Final      | 1     |        |
| T31       | 14.50 | 200m          | U16 Girls    | 1          | 5     |        |
| T32       | 15.15 | 200m          | U16 Boys     | 1          | 3     |        |
| T33       | 15.30 | 200m          | U20 Women    | 1          | 2     |        |
| T34       | 15.40 | 200m          | U20 Men      | 1          | 2     |        |
| T35       | 15.50 | 1500m         | U16 Boys     | Final      | 1     |        |
| T36       | 16.00 | 1500m         | U16 Girls    | Final      | 1     |        |
| T37       | 16.10 | 1500m         | U20 Women    | Final      | 1     |        |
| T38       | 16.20 | 1500m         | U20 Men      | Final      | 1     |        |
| T39       | 16.30 | 200m          | U16 Girls    | Semi Final | 2     |        |
| T40       | 16.40 | 5000m         | U20Men/Women | Final      | 1     |        |
| T41       | 17.05 | 80m Hurdles   | U16 Girls    | Final      | 1     |        |
| T42       | 17.10 | 800m          | U16 Girls    | Final      | 1     |        |
| T43       | 17.15 | 800m          | U16 Boys     | Final      | 1     |        |
| T44       | 17.20 | 800m          | U20 Women    | Final      | 1     |        |
| T45       | 17.25 | 800m          | U20 Men      | Final      | 1     |        |
| T46       | 17.30 | 2000m S/chase | U20 Men      | Final      | 1     |        |
| T47       | 17.50 | 200m          | U16 Boys     | Final      | 1     |        |
| T48       | 17.55 | 200m          | U20 Women    | Final      | 1     |        |
| T49       | 18.00 | 200m          | U20 Men      | Final      | 1     |        |
| T50       | 18.05 | 200m          | U16 Girls    | Final      | 1     |        |
| T51       | 18.10 | 2000m S/chase | U20 Women    | Final      | 1     |        |

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**Provisional Field Timetable**

2011

| <b>Event No.</b> | <b>Time</b> | <b>Event</b> | <b>Age Group</b> | <b>Round</b> | <b>Heats</b> | <b>Number</b> |
|------------------|-------------|--------------|------------------|--------------|--------------|---------------|
| F01              | 9.30        | Hammer       | U16 G            | Final        |              |               |
| F02              | 9.30        | Hammer       | U20 W            | Final        |              |               |
| F02              | 10.00       | Long Jump    | U16 B            | Final        |              |               |
| F03              | 10.00       | High Jump    | U16 G            | Final        |              |               |
| F04              | 10.45       | Pole Vault   | U20 W            | Final        |              |               |
| F05              | 10.45       | Pole Vault   | U20M             | Final        |              |               |
| F06              | 11.00       | Hammer       | U16B             | Final        |              |               |
| F07              | 11.00       | Hammer       | U20M             | Final        |              |               |
| F08              | 11.00       | Shot Putt    | U16 G            | Final        |              |               |
| F09              | 11.00       | Long Jump    | U20 W            | Final        |              |               |
| F10              | 12.00       | Discus       | U16 G            | Final        |              |               |
| F11              | 12.00       | Javelin      | U16 B            | Final        |              |               |
| F12              | 12.00       | Long Jump    | U20M             | Final        |              |               |
| F13              | 12.00       | High Jump    | U16 B            | Final        |              |               |
| F14              | 13.00       | Shot Putt    | U16 B            | Final        |              |               |
| F15              | 13.00       | Pole Vault   | U16 B            | Final        |              |               |
| F16              | 13.00       | Pole Vault   | U16 G            | Final        |              |               |
| F17              | 13.00       | Long Jump    | U16 G            | Final        |              |               |
| F18              | 14.00       | Javelin      | U20 W            | Final        |              |               |
| F19              | 14.00       | Javelin      | U20M             | Final        |              |               |
| F20              | 14.00       | Shot Putt    | U20 W            | Final        |              |               |
| F21              | 14.00       | Shot Putt    | U20M             | Final        |              |               |
| F22              | 14.00       | Discus       | U16 B            | Final        |              |               |
| F23              | 15.00       | High Jump    | U20 W            | Final        |              |               |
| F24              | 15.00       | Triple Jump  | U20M             | Final        |              |               |
| F25              | 15.00       | Javelin      | U16 G            | Final        |              |               |
| F26              | 16.30       | Discus       | U20 W            | Final        |              |               |
| F27              | 16.30       | Discus       | U20M             | Final        |              |               |
| F28              | 16.30       | Triple Jump  | U20 W            | Final        |              |               |
| F29              | 16.30       | Triple Jump  | U16 B            | Final        |              |               |
| F30              | 16.30       | High Jump    | U20M             | Final        |              |               |