

Provisional Timetable - Saturday 5 July

girls 17 boys 17

	Senior/ U20 Men	Masters Men	U17 Men	U15 Boys	U13 Boys	Senior//U2 0 Women	U17 Women	S/teams Pool A		S/team s Pool B		S/teams Pool C		S/teams Pool D
Entries	3 1	3	2	7	4	3 4	11							
10.00	100m	100m	100m	High Jump	High Jump									
10.15						100m Hurdles								
10.20							100m Hurdles							
10.30								L J pit B		100m		Shot Putt		4x100m Relay
10.45	Long Jump	Long Jump	Long Jump											
11.15				100m Hurdles		High Jump	High Jump							
11.20					80m Hurdles									
11.30								100m		Shot Putt		4x100m Relay		L J pit B
12.00	Shot	Shot	Shot											
12.30								Shot Putt		4x100m Relay		L J pit B		100m
13.00						Shot	Shot							
13.30				Shot	Shot									
14.00	High Jump	High Jump	High Jump											
14.30				Long Jump	Long Jump			4x100m Relay		L J pit B		100m		Shot Putt
15.00														
15.30														
Unspec	400m	400m	400m	800m	800m	200m	200m							

Track events only appear on this sheet as a guide

They will be run as far as possible as per the TRACK TIMETABLE

The Final CE Track Events will be run at a time to be arranged by the Overall Referee

Combined Events Championships 4

Grangemouth

Provisional Timetable - Sunday 6 July

	Senior/ U20 Men	CE Masters Men	U17 Men	CE/Sen/U20 Women	U17 Women	U15 Girls	U13 Girls	3k U20/17M	3k U20/17 W	3k Mast Wom	5k Mast M	3k M35- 45	3k M50+	4x300m U17w	4x400m U17m	4x400m U20/SM	4x400m U20/SW
Entries	3 1	3	2	3 4	11	15	17	5 6	5 4	7	29	10	19	4	7	9	4
10.00	110m Hurdles	Hurdles	100m Hurdles			Long Jump	High Jump										
10.30										3k							
10.45				Long Jump	Long Jump							3k					
11.00													3k				
11.30	Discus	Discus	Discus			Hurdles 2H	Hurdles 3H										
12.30	Pole Vault	Pole Vault	Pole Vault			Shot	Long Jump										
12.40																4x400m U20/SM	
12.50														4x300m U17W			
13.00											5k						
13.15				Javelin	Javelin												
13.40																	4x400m U20/SW
13.50															4x400m U17M		
14.00																4x400m U20/SM	
14.30						High Jump	Shot		3k								
14.45								3k									
15.00	Javelin	Javelin	Javelin														
16.00																	
Unspec	1500m	1500m	1500m	800m	800m	800m	800m										

The Final Track events will be run at a time to be arranged by the Overall Referee.