

Superteams
Saturday 20th June 2015
Grangemouth

Track

Event No	Time	Event	Nos
T01	10.00	100m	Pools 9, 10, 11, 12
T02	10.45	4 x 100m Relay	Pools 13, 14, 15, 16
T03	11.10	100m	Pools 5, 6, 7, 8
T04	11.55	4 x 100m Relay	Pools 9, 10, 11, 12
T05	12.20	100m	Pools 1, 2, 3, 4
		LUNCH	
T06	13.30	4 x 100m Relay	Pools 5, 6, 7, 8
T07	14.05	100m	Pools 17, 18, 19, 20
T08	14.50	4 x 100m Relay	Pools 1, 2, 3, 4
T09	15.20	100m	Pools 13, 14, 15, 16
T10	16.05	4 x 100m Relay	Pools 17, 18, 19, 20
		Field	

Event No	Time	Event	Pools	Location
F01	10.00	Shot Putt 1	5	Shot circle
F02	10.00	Shot Putt 2	6	Javelin
F03	10.00	Long Jump 1	1	100m finish
F04	10.00	Long Jump 2	2	100m start
F05	10.35	Shot Putt 1	7	Shot circle
F06	10.35	Shot Putt 2	8	Javelin
F07	10.35	Long Jump 1	3	100m finish
F08	10.35	Long Jump 2	4	100m start
F09	11.10	Shot Putt 1	1	Shot circle
F10	11.10	Shot Putt 2	2	Javelin
F11	11.10	Long Jump 1	17	100m finish
F12	11.10	Long Jump 2	18	100m start
F13	11.45	Shot Putt 1	3	Shot circle
F14	11.45	Shot Putt 2	4	Javelin
F15	11.45	Long Jump 1	19	100m finish
F16	11.45	Long Jump 2	20	100m start
F17	12.20	Shot Putt 1	17	Shot circle
F18	12.20	Shot Putt 2	18	Javelin
F19	12.20	Long Jump 1	13	100m finish
F20	12.20	Long Jump 2	14	100m start
		LUNCH		
F21	13.30	Shot Putt 1	19	Shot circle
F22	13.30	Shot Putt 2	20	Javelin
F23	13.30	Long Jump 1	15	100m finish
F24	13.30	Long Jump 2	16	100m start
F25	14.05	Shot Putt 1	13	Shot circle
F26	14.05	Shot Putt 2	14	Javelin
F27	14.05	Long Jump 1	9	100m finish
F28	14.05	Long Jump 2	10	100m start
F29	14.40	Shot Putt 1	15	Shot circle
F30	14.40	Shot Putt 2	16	Javelin
F31	14.40	Long Jump 1	11	100m finish
F32	14.40	Long Jump 2	12	100m start
F33	15.20	Shot Putt 1	9	Shot circle
F34	15.20	Shot Putt 2	10	Javelin
F35	15.20	Long Jump 1	5	100m finish
F36	15.20	Long Jump 2	6	100m start
F37	15.55	Shot Putt 1	11	Shot circle
F38	15.55	Shot Putt 2	12	Javelin
F39	15.55	Long Jump 1	7	100m finish
F40	15.55	Long Jump 2	8	100m start
Warm ups	ST	Long Jump/Shot Putt - 1 warm up		