

National OPEN
Emirates Arena, Glasgow
Saturday 16th January 2016

Straight Track			
Event No	Time	Event	Age
T	10.00	60m Hurdles	U20M
1	10.05	60m Hurdles	U17M
T2	10.15	60m Hurdles	SW
T3	10.20	60m Hurdles	U20W
T4	10.25	60m Hurdles	U15B
T5	10.30	60m Hurdles	U17W
T6	10.40	60m Hurdles	U15G
T7	10.55	60m Hurdles	U13B
T8	11.00	60m Hurdles	U13G
T9	11.10	60m	OPEN
T10	11.22	60m	
T11	11.34	60m	
T12	11.46	60m	
T13	11.58	60m	
T14	12.10	60m	
T15	12.22	60m	
T16	12.36	60m	
T17	12.48	60m	
T18	13.00	60m	
	13.20	LUNCH	
Circular Track			
Event No	Time	Event	Age
T19	10.00	800m	OPEN
T20	10.15	800m	
T21	10.30	800m	
T22	10.45	800m	
T23	11.00	800m	
T24	11.15	800m	
T25	11.30	400M	OPEN
T26	11.45	400M	
T27	12.00	400M	
T28	12.15	400M	
T29	12.30	400M	
T30	12.40	300M	U17W,U15G/B
T31	12.55	300M	
T32	13.10	300M	
	13.20	LUNCH	

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Circular Track			
T33	14.00	1500m	OPEN
T34	14.18	1500m	
T35	14.36	1500m	
T36	14.54	1500m	
T37	15.08	200m	OPEN
T38	15.20	200m	
T39	15.32	200m	
T40	15.44	200m	
T41	15.56	200m	
T42	16.08	200m	
T43	16.20	200m	
T44	16.32	200m	
T45	16.44	200m	
T46	16.56	200m	
T47	17.08	200m	
T48	17.20	200m	
T49	17.32	200m	

*** Please note that track events will be run in heats, fastest to slowest, mixed gender
Proposed number of heats listed. This may change after declarations close
All heat lists will be displayed outside Call Room. Please check for report time.**

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Field			
Event No	Time	Event	Age
F1	10.00	Long Jump	Pool 3
F2	10.00	Shot Putt	Pool 2
F3	10.00	Triple Jump	Pool 2
F4	10.45	Pole Vault	Pool 1
F5	11.30	Triple Jump	Pool 1
F6	11.30	Shot Putt	Pool 3
F7	11.30	Long Jump	Pool 2
F8	13.00	Shot Putt	Pool 4
F9	13.00	Long Jump	Pool 6
F10	13.00	High Jump	Pool 1
F11	14.00	Long Jump	Pool 4
F12	14.30	High Jump	Pool 3
F13	14.30	Shot Putt	Pool 1
F14	15.00	High Jump	Pool 4
F15	16.00	High Jump	Pool2
F16	16.00	Long Jump	Pool 1
F17	16.00	Long Jump	Pool 5

**All Shot competitions will be held in corner outside back straight
Horizontal Jumps , Shot Putt - 2 warm up attempts + 3 competition
High jump - 2 warm up attempts**