

Scottish athletics Throws Grand Prix
Timetable

Sunday 10 April
Saturday 4 June
Saturday 23 July
Saturday 3 September

Event No	Time	Event	Grading
1	1000	Seated Discus	
2	1000	Javelin	Up to 30m
3	1000	Discus	20 to 30m
4	1100	Seated Javelin/Club	
5	1115	Javelin	Over 30m
6	1115	Discus	Under 20m
7	1200	Seated Shot	
8	1230	Hammer	33 to 45m
9	1300	Shot Put	Under 8m
10	1345	Hammer	Under 33m
11	1400	Shot Put	Over 10m
12	1500	Hammer	Over 45
13	1500	Shot Put	8 to 10m
14	1615	Discus	Over 30m

Online Entry via www.scotishathletics.org.uk

Individual Entry £5 per event

Entries close 7 Days prior to the event

NO ON THE DAY ENTRIES CAN BE ACCEPTED

SUPPORTING THROWING IN SCOTLAND

CRAIGSWOOD STADIUM, LIVINGSTON