

Friday 12th
May

scottishathletics East District Track and Field Championships

Grangemouth Stadium

Track				
Event No.	Time	Event	Age Group	Round
	17.45	200m	U15G	1
	18.00	1500m	U15B	1
	18.16	1500m	Sen Men	1
	18.32	200m	U13G	1
	18.44	200m	U13B	1
	18.52	200m	U15B	1
	19.04	200m	U17W	1
	19.12	200m	U17M	1
	19.20	200m	U20W	1
	19.28	200m	Sen Women	Final
	19.32	200m	U20M	1
	19.40	200m	Sen Men	1
	19.48	200m	U15G	Semi Final
	19.56	1500m	U13G	Final
	20.06	1500m	U13B	Final
	20.16	1500m	U15G	Final
	20.26	1500m	U17W	Final
	20.34	1500m	U17M	Final
	20.42	1500m	Sen/U20W	Final
	20.50	1500m	U20M	Final
	20.58	1500m	U15B	Final
	21.06	1500m	Sen Men	Final
	21.14	200m	U13G	Final
	21.18	200m	U13B	Final
	21.22	200m	U15G	Final
	21.26	200m	U15B	Final
	21.30	200m	U17W	Final
	21.34	200m	U17M	Final
	21.38	200m	U20W	Final
	21.42	200m	U20M	Final
	21.46	200m	Sen Men	Final
Field				
Event No.	Time	Event	Age Group	
	18.00	Hammer	Sen/U20M	
		Hammer	U17M	
		Hammer	Sen/U20W	
		Hammer	U17W	
		Hammer	U15G	
		Hammer	U15B	
	18.00	Triple Jump	Sen/U20W	9m/11m
		Triple Jump	U17W	7m/9m
		Triple Jump	U15G	7m/9m (15m RU)
	18.30	High Jump	U15G	SH 1.19
	20.00	Triple Jump	Sen/U20M	9m/11m/13m
		Triple Jump	U17M	9m/11m
		Triple Jump	U15B	7m/9m (15m RU)
	20.00	Discus	U13B	
		Discus	U13G	
		Discus	U15B	
		Discus	U15G	
Field Events 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts				

Track				
Event No	Time	Event	Age Group	Round
	10.00	400m Hurdles	Sen/U20/U17M	Final
	10.05	400m Hurdles	Sen/U20W	Final
	10.10	300m Hurdles	U17W	Final
	10.20	800m	U15G	1
	10.28	800m	U15B	1
	10.40	800m	U17W	1
	10.48	800m	U17M	1
	10.56	800m	Sen/U20W	Final
	11.00	800m	U20M	1
	11.08	800m	Sen Men	Final
	11.12	100m	U15G	1
	11.32	100m	U20W	Final
	11.36	100m	Sen Women	Final
	11.40	100m	U20M	1
	11.48	100m	Sen Men	Final
	11.52	100m	U17W	1
	12.00	100m	U17M	1
	12.08	100m	U15B	1
	12.20	100m	U13G	1
	12.32	100m	U13B	1
	12.44	100m	U15G	Semi Final
	12.55	3000m SC	Sen/U20M	Final
LUNCH				
	13.45	110m Hurdles	Sen/U20M	Final
	13.50	100m Hurdles	U17M	Final
	13.55	100m Hurdles	Sen/U20W U18W	Final
	14.00	80m Hurdles	U15B	Final
	14.05	80m Hurdles	U17W	1
	14.15	75m Hurdles	U15G	1
	14.30	75m Hurdles	U13B	Final
	14.35	70m Hurdles	U13G	1
	14.45	400m	U20W	Final
	14.49	400m	Sen Women	Final
	14.53	400m	U20M	Final
	14.57	400m	Sen Men	1
	15.05	400m	U17M	Final
	15.09	300m	U15B	1
	15.17	300m	U17W	1
	15.25	300m	U15G	1
	15.33	800m	U13G	Final
	15.43	800m	U13B	Final
	15.53	800m	U15G	Final
	15.57	800m	U15B	Final
	16.02	800m	U17W	Final
	16.06	800m	U17M	Final
	16.10	800m	U20M	Final
	16.14	100m	U20M	Final
	16.18	100m	U17W	Final
	16.22	100m	U17M	Final
	16.26	100m	U15G	Final
	16.30	100m	U15B	Final
	16.34	100m	U13G	Final
	16.38	100m	U13B	Final
	16.42	400m	Sen Men	Final
	16.46	300m	U15B	Final
	16.50	300m	U17W	Final
	16.54	300m	U15G	Final
	17.00	70m Hurdles	U13G	Final
	17.05	75m Hurdles	U15G	Final
	17.10	80m Hurdles	U17W	Final

Saturday 13th May

scottishathletics East District Track and Field Championships

Grangemouth Stadium

Field				
Event No.		Event	Age Group	
	10.00	Javelin	Sen/U20W	
		Javelin	U17W	
		Javelin	U15G	
		Javelin	U13G	
	10.00	Long Jump	U13G	
	10.00	Shot Putt	Sen Men	
		Shot Putt	U17M	
		Shot Putt	U15B	
	11.15	Long Jump	U15B	
	11.30	Javelin	Sen Men	
		Javelin	U17 / U18M	
		Javelin	U15B	
		Javelin	U13B	
	11.30	High Jump	Sen/U20W	SH 1.37
		High Jump	U17W	SH 1.27
	11.30	Pole Vault	All Male/Female	SH 2.00
	12.30	Long Jump	Sen/U20M	
		Long Jump	U17M	
	13.00	Shot Putt	Sen/U20W	
		Shot Putt	U17W	
	13.00	High Jump	Sen/U20M	SH 1.56
		High Jump	U17M	SH 1.41
		High Jump	U15B	SH 1.26
	13.45	Long Jump	U13B	
	14.30	Shot Putt	U15G	
	14.30	Discus	Sen Men	
		Discus	U17M	
	15.00	Long Jump	Sen/U20W	
		Long Jump	U17W	
	15.30	High Jump	U13G	SH 1.06
		High Jump	U13B	SH 1.06
	16.00	Discus	Sen/U20W	
		Discus	U17W	
	16.00	Shot Putt	U13B	
		Shot Putt	U13G	
	16.15	Long Jump	U15W	
Field Events 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts				