

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events. (Band)					
Straight Track					
Event No	Time	Event	Age Group	Band	Heats
1	9.55	60m Hurdles	SM/U20M		2
2	10.05	60m Hurdles	U17M		1
3	10.10	60m Hurdles	SW/U20W		2
4	10.20	60m Hurdles	U15B		1
5	10.25	60m Hurdles	U17W		2
6	10.35	60m Hurdles	U15G/U13B		3
7	10.50	60m Hurdles	U13G		2
8	11.05	60m	OPEN	A	1 to 3
9	11.17	60m		B	4 to 6
10	11.29	60m		C	7 to 9
11	11.41	60m		D	10 to 12
12	11.53	60m		E	13 to 15
13	12.05	60m		F	16 to 18
14	12.17	60m		G	19 to 21
15	12.29	60m		H	22 to 24
16	12.41	60m		I	25 to 27
17	12.53	60m		J	28 to 31
Straight Track will take precedence over Circular Track					
Circular Track					
Event No	Time	Event	Age Group	Band	Heats
18	10.00	800m	OPEN	A	1 to 3
19	10.15	800m		B	4 to 6
20	10.30	800m		C	7 to 9
21	10.45	800m		D	10 to 12
22	11.00	800m		E	13 to 15
23	11.15	800m		F	16 to 18
24	11.30	400m	OPEN	A	1 to 3
25	11.44	400m		B	4 to 6
26	11.59	400m		C	7 to 9
27	12.14	400m		D	10 to 12
28	12.29	400m		E	13 to 15
29	12.40	300m	U17W,U15G/B	A	1 to 3
30	12.55	300m	U17W,U15G/B	B	4 to 6
31	13.10	300m		C	7 to 9
32	13.25	1500m	OPEN	A	1 to 3
33	13.49	1500m		B	4 to 6
34	14.13	1500m		C	7 to 9
35	14.40	1500m		D	10 to 12
36	15.05	200m	OPEN	A	1 to 3
37	15.17	200m		B	4 to 6
38	15.29	200m		C	7 to 9
39	15.41	200m		D	10 to 12
40	15.53	200m		E	13 to 15
41	16.05	200m		F	16 to 18
42	16.17	200m		G	19 to 21
43	16.29	200m		H	22 to 24
44	16.41	200m		I	25 to 27
45	16.53	200m		J	28 to 30
46	17.05	200m		K	31 to 33
47	17.17	200m		L	34 to 36
48	17.29	200m		M	37 to 41
All heat lists will be displayed at warm up area. Please check for report time.					

FPSG scottishathletics National Indoor Open

Saturday 12th January 2019

FINAL TIMETABLE

Emirates Arena, Glasgow

2019 IndOpen TT Final

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events. (Pool)

Field

Event No	Time	Event	Pool	Area	Info
49	9.55	Long Jump	Pool 4		
50	10.00	Triple Jump	Pool 2	Out	7m/9m Board
51	10.05	Shot Put	Pool 2		
52	10.15	Pole Vault	Pool 2	1m97	St Ht 1m98
53	11.30	Triple Jump	Pool 1		9m/11m/13m
54	11.35	Shot Put	Pool 1		
55	11.40	Long Jump	Pool 6	1m (Out)	1m Board
56	12.30	Pole Vault	Pool 1	3m17	St Ht 3m17
57	13.00	Long Jump	Pool 1		
58	13.05	Shot Put	Pool 3		
59	13.50	High Jump	Pool 1	1m47 (60mF)	St Ht 1m47
60	13.55	High Jump	Pool 4	1m07(60mS)	St Ht 1m07
61	14.30	Long Jump	Pool 3		
62	14.35	Shot Put	Pool 4		
63	16.00	High Jump	Pool 3	1m22 (60mS)	St Ht 1m22
64	16.05	High Jump	Pool 2	1m37 (60mF)	St Ht 1m37
65	16.15	Long Jump	Pool 2		
66	16.20	Long Jump	Pool 5	Out	1m Board

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - 2 warm up attempts only

Horizontal Jumps & Shot Put - 3 attempts in competition only

High Jump - 2 heights in warm up only