

**scottishathletics National Indoor Open  
PROVISIONAL TIMETABLE**

<b>This is a PROVISIONAL timetable for entry purposes only, a Final timetable will be published on FRIDAY 10th January</b>				
<b>Straight Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Heats / Bands</b>
	10.00	60m Hurdles	SM/U20M	2
	10.10	60m Hurdles	U17M	1
	10.15	60m Hurdles	SW/U20W	2
	10.25	60m Hurdles	U15B	1
	10.30	60m Hurdles	U17W	2
	10.40	60m Hurdles	U15G/U13B	3
	10.55	60m Hurdles	U13G	2
	11.10	60m	OPEN	1 to 3
	11.22	60m		4 to 6
	11.34	60m		7 to 9
	11.46	60m		10 to 12
	11.58	60m		13 to 15
	12.10	60m		16 to 18
	12.22	60m		19 to 21
	12.34	60m		22 to 24
	12.46	60m		25 to 27
	12.58	60m		28 to 31
<b>Straight Track will take precedence over Circular Track</b>				
<b>Circular Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Heats / Bands</b>
	10.00	800m	OPEN	1 to 3
	10.15	800m		4 to 6
	10.30	800m		7 to 9
	10.45	800m		10 to 12
	11.00	800m		13 to 15
	11.15	800m		16 to 18
	11.30	400m	OPEN	1 to 3
	11.44	400m		4 to 6
	11.59	400m		7 to 9
	12.14	400m		10 to 12
	12.29	400m		13 to 15
	12.40	300m	U17W,U15G/B	1 to 3
	12.55	300m	U17W,U15G/B	4 to 6
	13.10	300m		7 to 9
	13.25	1500m	OPEN	1 to 3
	13.49	1500m		4 to 6
	14.13	1500m		7 to 9
	14.40	1500m		10 to 12
	15.05	200m	OPEN	1 to 3
	15.17	200m		4 to 6
	15.29	200m		7 to 9
	15.41	200m		10 to 12
	15.53	200m		13 to 15
	16.05	200m		16 to 18
	16.17	200m		19 to 21
	16.29	200m		22 to 24
	16.41	200m		25 to 27
	16.53	200m		28 to 30
	17.05	200m		31 to 33
	17.17	200m		34 to 36
	17.29	200m		37 to 41
<b>All heat lists will be displayed at warm up area. Please check for report time.</b>				

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<b>Field</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>	<b>Area</b>	<b>Info</b>
	10.00	Long Jump	Pool 4		
	10.00	Triple Jump	Pool 2	Out	7m/9m Board
	10.05	Shot Put	Pool 2		
	10.15	Pole Vault	Pool 2		St Ht 2.00m
	11.30	Triple Jump	Pool 1		9m/11m/13m
	11.35	Shot Put	Pool 1		
	11.40	Long Jump	Pool 6	1m (Out)	1m Board
	12.30	Pole Vault	Pool 1		St Ht 3m18
	13.00	Long Jump	Pool 1		
	13.05	Shot Put	Pool 3		
	13.50	High Jump	Pool 1	(60mF)	St Ht 1m48
	13.55	High Jump	Pool 4	60mS)	St Ht 1m06
	14.30	Long Jump	Pool 3		
	14.35	Shot Put	Pool 4		
	16.00	High Jump	Pool 3	(60mS)	St Ht 1m23
	16.05	High Jump	Pool 2	(60mF)	St Ht 1m38
	16.15	Long Jump	Pool 2		
	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