

# PROVISIONAL TIMETABLE

## SCOTTISH COMBINED LEAGUES

Athletes must arrive as close to their declaration time as possible, compete and then leave the facility as soon as practical at the end of their event.

### Track - 22nd August

Event No	Declarations		Hurdle Warm up time	Call Up Time	Time	Event	Age Group
	Open	Close					
1	09:45	10:15	10:40	10:50	11:00	300m Hurdles	U17W
2	09:55	10:25	10:50	11:00	11:10	400m Hurdles	U20/SW
3	10:05	10:35	11:00	11:10	11:20	400m Hurdles	U17M
4	10:10	10:40	11:05	11:15	11:25	400m Hurdles	U20M/SM
5	10:20	10:50	-	11:25	11:35	800m - Pool #1	All Men
6	10:45	11:15	-	11:50	12:00	800m - Pool #2	All Men
7	11:10	11:40	-	12:15	12:25	800m	All Women
<b>Break - 30mins</b>							
8	12:05	12:35	-	13:10	13:20	200m - Pool #1	All Men
9	12:40	13:10	-	13:45	13:55	200m - Pool #2	All Men
10	13:15	13:45	-	14:20	14:30	200m - Pool #1	All Women
11	13:45	14:15	-	14:50	15:00	200m - Pool #2	All Women
12	14:15	14:45		15:20	15:30	3000m	All Women
13	14:30	15:00		15:35	15:45	3000m	U17M
14	14:45	15:15		15:50	16:00	5000m	All Men

Heats will run Fastest to Slowest

### Field - 22nd August

Event No	Declarations		Call Up Time	Time	Event	Age Group
	Open	Close				
15	09:45	10:15	10:50	11:00	Long Jump	U17W
16	09:45	10:15	10:50	11:00	Discus	All Women
17	09:45	10:15	10:50	11:00	High Jump	U20M/SM
18	11:15	11:45	12:20	12:30	Discus	All Women
19	11:15	11:45	12:20	12:30	Shot Put	U17M
20	11:15	11:45	12:20	12:30	High Jump	U17M
21	11:15	11:45	12:20	12:30	Long Jump	U20W/SW
22	12:45	13:15	13:50	14:00	Long Jump	U20M/SM
23	12:45	13:15	13:50	14:00	Hammer	All Women
24	12:45	13:15	13:50	14:00	Shot Put	U20M/SM
25	12:45	13:15	13:50	14:00	High Jump	All Women
26	14:15	14:45	15:20	15:30	Shot Put	All Women
27	14:15	14:45	15:20	15:30	Long Jump	U17M
28	14:15	14:45	15:20	15:30	Hammer	All Men