

**scottishathletics National Indoor Open
DRAFT TIMETABLE**

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on 4th January 2022				
Straight Track				
Event No	Time	Event	Age/Open	Heats / Bands
	10:00	60m Hurdles	SM/U20M	2
	10:10	60m Hurdles	U17M	2
	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
Break				
	11:51	60m		10 to 12
	12:03	60m		13 to 15
	12:15	60m		16 to 18
Break				
	12:20	60m		19 to 21
	12:32	60m		22 to 24
	12:44	60m		25 to 27
Straight Track will take precedence over Circular Track				
Circular Track				
Event No	Time	Event	Age/Open	Heats / Bands
	10:00	800m	OPEN	1 to 3
	10:15	800m		4 to 6
	10:30	800m		7 to 9
Break				
	10:50	800m		10 to 12
	11:05	800m		13 to 15
Break				
	11:25	400m	OPEN	1 to 3
	11:39	400m		4 to 6
Break				
	11:58	400m		7 to 9
	12:10	400m		10 to 12
Break				
	12:30	300m	U17W,U15G/B	1 to 4
	12:46	300m	U17W,U15G/B	5 to 8
Break				
	13:05	1500m	OPEN	1 to 3
	13:30	1500m		4 to 6
	13:55	1500m		7 to 9
Break				
	14:30	200m	OPEN	1 to 4
	14:46	200m		5 to 8
	15:02	200m		9 to 12
Break				
	15:22	200m		13 to 16
	15:38	200m		17 to 20
	15:54	200m		21 to 24
Break				
	16:14	200m		25 to 28
	16:28	200m		29 to 32
All heat lists will be displayed ONLINE. Please check for report time.				

**4J Studios scottishathletics National Indoor Open
DRAFT TIMETABLE**

Saturday 8th January 2022

Emirates Arena, Glasgow
2022 IndOpen Draft.xlsx

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Field					
Event No	Time	Event	Pool	Area	Info
	10:00	Long Jump	Pool 4		
	10:00	Triple Jump	Pool 2	Out	7m/9m Board
	10:10	Shot Put	Pool 2		
	11:00	Pole Vault	Pool 2		St Ht 2.00m
	11:30	Triple Jump	Pool 1		9m/11m/13m
	11:35	Shot Put	Pool 1		
	13:00	Long Jump	Pool 1		
	13:05	Shot Put	Pool 3		
	13:50	High Jump	Pool 1	(60mF)	St Ht 1m53
	13:55	High Jump	Pool 4	(60mS)	St Ht 1m06
	14:00	Pole Vault	Pool 1		St Ht 3.00m
	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
	16:00	Long Jump	Pool 2		
	16:00	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