

Saturday 14th May

4J Studios scottishathletics District Championships
and National Outdoor Open
EAST DISTRICT
FINAL Timetable

Grangemouth Stadium
2022 ED TT FINAL

All athletes must declare their intention to compete at least 60mins before the event start time.				
Track				
Event No	Time	Event	Age Group	Round
1	10:00	110m Hurdles	Sen/U20 Men Open	1
2	10:05	100m Hurdles	U17 Men / Sen Wom	1
3	10:10	100m Hurdles	U20 Women Open	1
4	10:15	80m Hurdles	U15 Boys	Final
5	10:20	80m Hurdles	U17 Women	1
6	10:25	75m Hurdles	U15 Girls	1
7	10:30	70m Hurdles	U13 Girls	1
8	10:35	800m	U15 Girls	1
9	10:50	800m	U17 Women	1
10	10:58	800m	U17 Men	1
11	11:10	110m Hurdles	U20 Men Open	2
12	11:15	100m Hurdles	Sen/U20 Women Open	2
13	11:30	100m	U15 Girls	1
14	11:38	100m	Sen/U20 Women Open	1
15	11:58	100m	Sen/U20 Men Open	1
16	12:22	100m	U17 Women	1
17	12:30	100m	U17 Men	1
18	12:38	100m	U15 Boys	Final
19	12:42	100m	U13 Girls	1
20	12:50	100m	U13 Boys	1
21	12:58	100m	Frame Running Mixed	1
22	13:10	100m	U15 Girls	Semi Final
LUNCH				
23	14:15	800m	U15 Girls	Final
24	14:20	800m	U15 Boys	Final
25	14:25	800m	U17 Women	Final
26	14:30	800m	U17 Men	Final
27	14:40	400m	Frame Running Mixed	Final
28	14:50	400m	Sen/U20 Women Open	1
29	15:05	400m	Sen/U20 Men Open	1
30	15:20	400m	U17 Men	Final
31	15:25	300m	U15 Boys	Final
32	15:30	300m	U17 Wom / U15 Girls	Final
21a	15:32	100m	Frame Running Mixed	2
33	15:35	100m	Sen/U20 Women Open	2
34	15:55	100m	Sen/U20 Men Open	2
35	16:15	100m	U17 Women	Final
36	16:20	100m	U17 Men	Final
37	16:25	100m	U15 Girls	Final
38	16:30	100m	U13 Girls	Final
39	16:35	100m	U13 Boys	Final
40	16:45	800m	U13 Girls	Timed Finals
41	16:55	800m	U13 Boys	Timed Final
42	17:00	400m	Sen/U20 Women Open	2
43	17:05	400m	Sen/U20 Men Open	2
If heats are not required FINALS will go at HEAT time.				

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Field				
Event No	Time	Event	Age Group	Info
44	10:00	Discus	U17 Men / U17 Women	
45	10:00	Long Jump	U13 Girls	
46	10:00	Shot Put	U15 Girls / U13 Girls	
47	11:30	Long Jump	Sen/U20 Women Open	
48	11:30	Pole Vault	Sen/U20/17 Women Open	SH 2m16
49	12:30	Long Jump	U13 Boys	
50	13:00	High Jump	Sen/U20 Men Open U17 Men	SH 1m57 SH 1m37
51	13:15	Long Jump	U17 Women	
52	14:00	Pole Vault	Sen/U20 Men Open	SH 3m19
53	14:30	Long Jump	U15 Girls	
54	14:30	Shot Put	U17 Men / U17 Women	
55	14:30	High Jump	Sen/U20 Women Open U17 Women	SH 1m37 SH 1m27
56	15:30	Javelin	U17 Men / U17 Women	
57	15:30	Shot Put	U13 Boys / U15 Boys	
58	16:00	Long Jump	Sen/U20 Men Open	

District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts

Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts

Sunday 15th May

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All athletes must declare their intention to compete at least 60mins before the event start time.

Track				
Event No.	Time	Event	Age Group	Round
59	10:00	400m Hurdles	Sen/U20 Men Open	1
		400m Hurdles	U17 Men	Final
60	10:05	400m Hurdles	Sen/U20 Women Open	1
61	10:15	1500m	U15 Girls	Final
62	10:25	1500m	U15 Boys	Final
63	10:35	200m	U13 Girls	1
64	10:45	200m	U15 Girls	1
65	11:00	200m	U15 Boys	1
66	11:10	200m	U17 Women	1
67	11:20	200m	U17 Men	1
68	11:30	200m	Sen/U20 Women Open	1
69	11:50	200m	Sen/U20 Men Open	1
Lunch				
70	13:10	400m Hurdles	Sen/U20 Men Open	2
		400m Hurdles	Sen/U20 Women Open	2
71	13:20	400m	Sen Women	Invitational
72	13:25	1500m	U13 Girls	Timed Final
73	13:35	1500m	U13 Boys	Timed Final
74	13:45	1500m	U17 Women	Final
75	13:55	1500m	U17 Men	Final
76	14:15	200m	Frame Running Mixed	1
77	14:25	200m	U13 Girls	Final
78	14:30	200m	U13 Boys	Final
79	14:35	200m	U15 Girls	Final
80	14:40	200m	U15 Boys	Final
81	14:45	200m	U17 Women	Final
82	14:50	200m	U17 Men	Final
83	14:55	200m	Sen/U20 Women Open	2
84	15:10	200m	Sen/U20 Men Open	2
85	15:25	200m	Frame Running Mixed	2
If heats are not required FINALS will go at HEAT time.				

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Field				
Event No.	Time	Event	Age Group	
86	10:00	Javelin	U13 Boys / U13 Girls	
87	10:00	Triple Jump	All Ages	7m/9m
88	11:30	High Jump	U15 Girls / U15 Boys	SH 1m12
89	11:30	Hammer	U17 Men / U17 Women	
90	13:30	High Jump	U13 Boys / U13 Girls	SH 1m01
91	13:30	Triple Jump	All ages	11m/13m
92	13:30	Javelin	U15 Boys / U15 Girls	
93	14:30	Discus	U13 Boys / U13 Girls	
94	14:30	Long Jump	U17 Men	
			U15 Boys	

District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts

U15 Triple Jump athletes will be restricted to a max 22m Run up

Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts