

# SCOTTISH INDOOR ATHLETICS LEAGUE

## Morning Timetable

The morning track events will start at 9.15 am and will run continuously in the following order:

### Circular Track

Event	No	Age Group
600m	1	Under 11 girls
	2	Under 11 boys
800m	3	Under 20 women
	4	Under 20 men
	5	Under 13 girls
	6	Under 13 boys
	7	Under 15 girls
	8	Under 15 boys
	9	Under 17 women
200m	10	Under 17 men
	11	Under 13 girls
	12	Under 13 boys
	13	Under 15 girls
	14	Under 15 boys
	15	Under 17 women
	16	Under 17 men
	17	Under 20 women
300m	18	Under 20 men
	19	Under 17 women
400m	20	Under 15 girls
	21	Under 15 boys
	22	Under 17 men
	23	Under 20 women
	24	Under 20 men

### Straight Track

Event	No	Age Group
60m	1	Under 13 girls
	2	Under 13 boys
	3	Under 15 girls
	4	Under 15 boys
	5	Under 17 women
	6	Under 17 men
	7	Under 20 women
	8	Under 20 men
	9	Under 11 girls
	10	Under 11 boys
60m Hur	11	Under 13 girls
	12	Under 15 girls
	13	Under 13 boys
	14	Under 17 women
	15	Under 15 boys
	16	Under 20 women
	17	Under 17 men
	18	Under 20 men

Morning field events will also be organised on a continuous basis, starting at 9.15 am

<b>High Jump</b>					
<b>Mat 1</b>	9.30	U17 & U20 Men		<b>Opening Heights</b>	
<b>(at 60m start)</b>	11.30	U17 & U20 Women		<b>U13</b>	1.10m
				<b>U15</b>	1.15m
<b>Mat 2</b>	9.30	U13 & U15 Girls		<b>U17</b>	1.25m
<b>(at 60m finish)</b>	11.30	U13 & U15 Boys		<b>U20</b>	1.35m
<b>Long Jump 1</b>	9:30	U15 Boys	<b>Shot</b>	9:30	U20 Women
<b>Pit 1</b>	10:30	U15 Girls		9:45	U17 Women
<b>Arena</b>	11:15	U17 & U20 Men		10:15	U13 Boys
	12:00	U17 & U20 Women		10:45	U15 Boys
				11:15	U13 Girls
<b>Long Jump 2</b>	9:30	U13 Boys		11:45	U15 Girls
<b>Pit 2</b>	10:15	U13 Girls		12:30	U17/20 Men
<b>Warm Up Area</b>					
<b>Standing Long Jump</b>	after 60 m	U11 Girls			
<b>Next to LJ 1</b>		U11 Boys			

All times are provisional. To save time, and allow all field events to be included, warm ups will be limited to 1 attempt.