

REVISED TIMETABLE

SCOTTISH NATIONAL ATHLETIC LEAGUE

Declarations will close at the designated time. Heats will run fastest to slowest.

Track - 18th Jun 2023

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:00	10:50	11:00	110m Hurdles	U20M/SM
2	10:10	11:00	11:10	100m Hurdles	U17M
3	10:20	11:10	11:20	100m Hurdles	U20W/SW
4	10:30	11:20	11:30	80m Hurdles	U17W
5	10:45	11:35	11:45	800m	All Men
6	11:10	12:00	12:10	800m	All Women
7	11:40	12:30	12:40	100m - Pool 1	All Men
	12:00	12:50	13:00	100m - Pool 2	All Men
LUNCH BREAK - 30 mins					
9	12:55	13:45	13:55	100m - Pool 1	All Women
	13:15	14:05	14:15	100m - Pool 2	All Women
11	13:35	14:25	14:35	1500mSC	U17M
12	13:45	14:35	14:45	3000mSC	U20M/SM
13	14:00	14:50	15:00	3000m	All Women
14	14:15	15:05	15:15	200m - Pool 1	All Men
	14:35	15:25	15:35	200m - Pool 2	All Men
16	15:00	15:50	16:00	200m - Pool 1	All Women
	15:00	16:10	16:20	200m - Pool 2	All Women
18	15:00	16:20	16:30	1500m	All Men
19	15:00	16:35	16:45	1500m	All Women

Heats will run Fastest to Slowest

Field - 18th June 2023

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
20	10:00	10:50	11:00	Long Jump	U17W
21	10:00	10:50	11:00	Discus	U17M
22	10:00	10:50	11:00	Shot	U20M/SM
23	10:00	10:50	11:00	High Jump	U20M/SM
24	11:30	12:20	12:30	Long Jump	U17M
25	11:30	12:20	12:30	Shot	U17M
26	11:30	12:20	12:30	High Jump	All Women
27	11:30	12:20	12:30	Discus	U20W/SW
28	13:00	13:50	14:00	Discus	U20M/SM
29	13:00	13:50	14:00	Shot	U17W
30	13:00	13:50	14:00	High Jump	U17M
31	13:00	13:50	14:00	Long Jump	U20W/SW
32	14:15	15:05	15:15	Discus	U17W
33	14:15	15:05	15:15	Shot	U20W/SW
34	14:15	15:05	15:15	**Long Jump**	U17W/U20M/SM

****Long Jump** - This will have U17W with PB below 4.00m**