

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	
	10	Under 17 men	
	200m	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	
18		Under 20 men	
300m	19	Under 17 women	
	20	Under 15 girls	
	21	Under 15 boys	
400m	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

High Jump				Opening Heights	
Mat A	9:30	U17 & U20 Men		U17	1.25m
(at 60m start)	11:30	U17 & U20 Women		U20	1.35m
Mat B	9:30	U13 & U15 Girls		U13	1.10m
(at 60m finish)	11:30	U13 & U15 Boys		U15	1.15m
Long Jump 1	9:30	U15 Boys	Shot	9:30	U20 Women
Pit 1 – Arena	10:30	U15 Girls		9:45	U17 Women
	11:15	U17 & U20 Men		10:15	U13 Boys
	12:00	U17 & U20 Women		10:45	U15 Boys
				11:15	U13 Girls
Long Jump 2	9:30	U13 Boys		11:45	U15 Girls
Pit 2 - Warm Up Area	10:15	U13 Girls		12:30	U17/20 Men
Standing Long Jump	after 60 m	U11 Girls	All times are provisional. To save time, and allow all field events to be included, warm ups will be limited to 1 attempt.		
Next to LJ 1		U11 Boys			