

Friday 6th March 2026

4J scottishathletics Indoor Age Group Championships
and Para Shot Put Invitation
FINAL TIMETABLE

Emirates Arena, Glasgow
2026 IndAge TT FINAL

Athletes must declare their intention to compete at least 60mins prior to the start time of their event.

Friday 6th March 2026				
Event No	Time	Event	Age Group	Round
100	18:30	Shot Put	All	Inviation

All Shot competitions will be held in corner outside back straight

Shot Put - Minimum 2 Warm Ups

6 Attempts in Competition

Athletes must declare their intention to compete at least 60mins prior to the start time of their event.

Straight Track				
Event No	Time	Event	Age Group	Round
01/h	10:00	60m	U20 Men	1
02/h	10:16	60m	U16 Boys	1
03/h	10:32	60m	U20 Women	1
04/h	10:48	60m	U16 Girls	1
05/h	11:25	60m Hurdles	U16 Girls	1
06/h	11:40	60m Hurdles	U16 Boys	1
01/s	11:55	60m	U20 Men	Semi Final
02/s	12:03	60m	U16 Boys	Semi Final
03/s	12:11	60m	U20 Women	Semi Final
04/s	12:19	60m	U16 Girls	Semi Final
05/f	12:36	60m Hurdles	U16 Girls	Final
06/f	12:41	60m Hurdles	U16 Boys	Final
01/f	12:50	60m	U20 Men	Final
02/f	12:54	60m	U16 Boys	Final
03/f	12:58	60m	U20 Women	Final
04/f	13:02	60m	U16 Girls	Final
Circular Track				
Event No	Time	Event	Age Group	Round
10/h	13:45	800m	U20 Women	1
11/h	13:57	800m	U20 Men	1
12/h	14:10	200m	U16 Girls	1
13/h	14:38	200m	U16 Boys	1
14/h	15:00	300m	U16 Girls	1
15/h	15:16	300m	U16 Boys	1
16	15:25	800m	U16 Girls	Timed Finals
17	15:37	800m	U16 Boys	Timed Finals
10/f	15:50	800m	U20 Women	Final
11/f	15:54	800m	U20 Men	Final
12/s	16:00	200m	U16 Girls	Semi Final
13/s	16:12	200m	U16 Boys	Semi Final
18	16:20	1500m	U16 Girls	Timed Finals
19	16:40	1500m	U16 Boys	Timed Finals
14/f	17:00	300m	U16 Girls	Final
15/f	17:04	300m	U16 Boys	Final
12/f	17:08	200m	U16 Girls	Final
13/f	17:12	200m	U16 Boys	Final

Straight Track will take precedence over Circular Track

All heat lists will be displayed ONLINE. Please check for report time

If heats are not required FINALS will go at HEAT time

Athletes must declare their intention to compete at least 60mins prior to the start time of their event.

Field				
Event No	Time	Event	Age	Info
20	10:00	High Jump	U16 Boys	SH 1m27
21	10:00	Long Jump	U16 Girls	Pool 1
				Pool 2
22	10:00	Shot Put	U20 Women	
23	11:30	Shot Put	U16 Girls	
24	11:30	Triple Jump	U20 Men	11m/13m
25	12:00	Pole Vault	U16 Boys	SH 2m19
26			U16 Girls	
27	12:45	Triple Jump	U16 Boys	7m/9m
28		Triple Jump	U16 Girls	
29	13:45	High Jump	U20 Men	SH 1m57
30	14:00	Triple Jump	U20 Women	9m/11m
31	14:00	Shot Put	U16 Boys	
32	15:15	Long Jump	U16 Boys	
33	15:15	High Jump	U16 Girls	Pool 1 SH 1m27
				Pool 2 SH 1m17

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - Minimum 2 Warm Ups

3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts

High Jump - Minimum 2 Heights in Warm Up Only

Pole Vault Progressions in 15cm increments

Athletes must declare their intention to compete at least 60mins prior to the start time of their event.				
Straight Track				
Event No	Time	Event	Age Group	Round
41/h	10:00	60m	U14 Girls	1
42/h	10:28	60m	U14 Boys	1
43/h	10:55	60m Hurdles	U14 Girls	1
44/h	11:10	60m Hurdles	U14 Boys	1
45/h	11:20	60m Hurdles	U20 Women	1
41/s	11:40	60m	U14 Girls	Semi Final
42/s	11:52	60m	U14 Boys	Semi Final
43/f	12:05	60m Hurdles	U14 Girls	Final
44/f	12:10	60m Hurdles	U14 Boys	Final
45/f	12:15	60m Hurdles	U20 Women	Final
46	12:20	60m Hurdles	U20 Men	Final
41/f	12:30	60m	U14 Girls	Final
42/f	12:34	60m	U14 Boys	Final
Circular Track				
Event No	Time	Event	Age Group	Round
51/h	13:10	200m	U20 Men	1
52/h	13:34	200m	U20 Women	1
53/h	13:54	200m	U14 Boys	1
54/h	14:14	200m	U14 Girls	1
55/h	14:38	400m	U20 Women	1
56/h	14:54	400m	U20 Men	1
57	15:05	800m	U14 Girls	Timed Finals
58	15:25	800m	U14 Boys	Timed Finals
51/s	15:40	200m	U20 Men	Semi Final
52/s	15:52	200m	U20 Women	Semi Final
53/s	16:00	200m	U14 Boys	Semi Final
54/s	16:08	200m	U14 Girls	Semi Final
59	16:25	1500m	U14 Girls	Timed Finals
60	16:41	1500m	U14 Boys	Timed Finals
61	16:57	1500m	U20 Women	Final
62	17:04	1500m	U20 Men	Final
55/f	17:11	400m	U20 Women	Final
56/f	17:15	400m	U20 Men	Final
51/f	17:19	200m	U20 Men	Final
52/f	17:23	200m	U20 Women	Final
53/f	17:27	200m	U14 Boys	Final
54/f	17:31	200m	U14 Girls	Final

Straight Track will take precedence over Circular Track

**All heat lists will be displayed ONLINE. Please check for report time
If heats are not required FINALS will go at HEAT time**

Athletes must declare their intention to compete at least 60mins prior to the start time of their event.

Field				
Event No	Time	Event	Age Group	Info
71	10:00	Long Jump	U20 Women	
72	10:00	Shot Put	U14 Boys	
73	10:00	High Jump	U14 Boys	SH 1m14
74	11:30	Shot Put	U14 Girls	
75	11:30	Long Jump	U20 Men	
76	13:00	Pole Vault	U20 Women	SH 2m04
77			U20 Men	SH 2m84
78	13:30	High Jump	U20 Women	SH 1m37
79	13:30	Long Jump	U14 Girls	Pool 1
				Pool 2
80	15:00	High Jump	U14 Girls	SH 1m14
81	15:40	Long Jump	U14 Boys	
82	15:40	Shot Put	U20 Men	

All Shot competitions will be held in corner outside back straight
Horizontal Jumps & Shot Put - Minimum 2 Warm Ups
3 Attempts in Competition, Top 8 Advance for an Additional 3 Attempts
High Jump - Minimum 2 Heights in Warm Up Only
Pole Vault Progressions in 15cm increments