

Timetable Match 1

Grangemouth

TRACK

11:00am	110m Hurdles	U20/Sen Men
11:10am	110m Hurdles	U18 Men
11:20am	100m Hurdles	Senior/U20 W
11:25am	100m Hurdles	U18 Women
11:45am	3000m	Senior/U20/U18 Men
12:00pm	200m	Senior/U20/U18 Men
12:15pm	200m	Senior/U20/U18 Men
12:30pm	200m	Senior/U20/U18 W
13:00pm	800m	All Men
13:15pm	800m	All Women

13:25pm

LUNCH

14:00pm	2000m SC	All Women
14:15pm	400m	U18/U20/Senior Men
14:45pm	400m	U18/U20/Senior Women
15:10pm	Mile	Senior/U20/U18 Men
15:20pm	Mile	Senior/U20/U18 Women
15:35pm	100m	Senior/U20/U18 Men
16:15pm	100m	Senior/U20/U18 Women

FIELD

11:00am	Triple Jump	All Men
	Discus	All Women
	Shot	U18 Men
	High Jump	U18 Men
12:30pm	Discus	All Men
	Long Jump	All Women
	Shot	U18 Women
	High Jump	U20/Sen Men
14:00pm	Long Jump	All Men
	Shot	U20/Sen Men
	Javelin	All Women
	High Jump	U18 Women
14:30pm	Pole Vault	Male/Female
15:15pm	Shot	U20/Sen Women
	Triple Jump	All Women
	Javelin	All Men
	High Jump	U20/Sen Women