

SCOTTISH WOMEN'S ATHLETIC LEAGUE

PROGRAMME OF EVENTS 2008

TRACK EVENTS

12.30	1.	400M Hurdles	Sen	'A'	2.50	27.	800m	U17	'A'
	2.	400m Hurdles	Sen	'B'		28.	800m	U17	'B'
12.40	3.	300m Hurdles	U17	'A'	3:00	29.	800m	Sen	'A'
	4.	300m Hurdles	U17	'B'		30.	800m	Sen	'B'
12.50	5.	100m	U13	'A'	3.10	31.	200m	U13	'A'
	6.	100m	U13	'B'		32.	200m	U13	'B'
1:00	7.	100m	U15	'A'	3.20	33.	200m	U15	'A'
	8.	100m	U15	'B'		34.	200m	U15	'B'
1:10	9.	100m	U17	'A'	3.30	35.	200m	U17	'A'
	10.	100m	U17	'B'		36.	200m	U17	'B'
1:20	11.	100m	Sen	'A'	3.40	37.	200m	Sen	'A'
	12.	100m	Sen	'B'		38.	200m	Sen	'B'
1.30	13.	400m	Sen	'A'	3.50	39.	800m	U15	'A'
	14.	400m	Sen	'B'		40.	800m	U15	'B'
1.40	15.	300m	U17	'A'	4.00	41.	800m	U13	'A'
	16.	300m	U17	'B'		42.	800m	U13	'B'
1.50	17.	3000m	Sen	'A'	4.10	43.	1500m	U15	'A'
	18.	3000m	Sen	'B'		44.	1500m	U15	'B'
2.00	19.	70m Hurdles	U13	'A'	4.20	45.	1500m	Sen	'A'
	20.	70m Hurdles	U13	'B'		46.	1500m	Sen	'B'
2.10	21.	75m Hurdles	U15	'A'	4.40	47.	4x100m	Sen	Relay
	22.	75m Hurdles	U15	'B'		48.	4x100m	U17	Relay
2.20	23.	80m Hurdles	U17	'A'		49.	4x100m	U15	Relay
	24.	80m Hurdles	U17	'B'		50.	4x100m	U13	Relay
2.30	25.	100m Hurdles	Sen	'A'		51.	4x400m	Sen	Relay
	26.	100m Hurdles	Sen	'B'					

A&B strings in the 3000m and 1500m races will run together.

FIELD EVENTS

12.00	1.	Hammer	Sen		2.00	10.	Discus	Sen	
	2.	TJ / LJ / TJ	Sen	*		11.	Long Jump	U17	
	3.	High Jump	U15		3.00	12.	Jav / Disc / Jav	U15	**
	4.	Shot Putt	U17			13.	Long Jump	U15	
1.00	5.	Pole Vault	Sen			14.	Shot Putt	U13	
	6.	Long Jump	U13		3.30	15.	High Jump	U17	
	7.	Shot Putt	U15		4.00	16.	LJ / TJ / LJ	Sen	*
	8.	Javelin	Sen			17.	Jav / Disc / Jav	U17	**
1.45	9.	High Jump	Sen			18.	Shot Putt	Sen	

* Field event 2 and 16 LJ and TJ (sen) will alternate at each meeting. TJ (Sen) will take place at 12.00 in the 1st and 3rd meetings in 2008 with LJ (Sen) at 4pm at these.

** Field Event Number 12 and 17 (U15 / U17 Discus / Javelin) will alternate at each meeting. U15 and U17 Javelin will take place at 1st and 3rd meetings in 2008.