

**Bank of Scotland Under 20 and Under 23 Championships**  
**Grangemouth stadium - Sunday 9th August 09**

Event No	Time	Event	Age Group	Heats/Final
T01	10.00	5000m	All Age Groups	Final
T02	10.20	100m	U20 Men	3 Heats
T03	10.35	100m	U23 Men	2 Heats
T04	10.40	100m	U20 Women	Final
T05	10.45	100m	U23 Women	Final
T06	10.50	400m	U20 Men	Final
T07	10.55	400m	U23 Men	Final
T08	11.00	400m	U20 Women	2 Heats
T09	11.10	400m	U23 Women	Final
T10	11.20	100m Hurdles	U20/U23 Women	Final
T11	11.30	110m Hurdles	U20/U23 Men	Final
T12	11.40	800m	U20 Men	3 Heats
T13	11.55	800m	U23 Men	2 Heats
T14	12.05	800m	U20 Women	2 Heats
T15	12.15	800m	U23 Women	Final
T16	12.20	400m	U20 Women	Final
T17	12.25	100m	U20 men	Final
T18	12.30	100m	U23 Men	Final
T19	12.40	2000m S/c	U20 /U23 Men	Final
		Lunch		
T20	13.15	2000m S/c	U20 Women	Final
T21	13.30	3 x 800m	U 13 Girls	2 Heats
T22	13.50	3 x 800m	U 13 Boys	2 Heats
T23	14.10	3 x 800m	U 15 Girls	2 Heats
T24	14.30	3 x 800m	U 15 Boys	Final
T25	14.40	3 x 800m	U 17 Women	Final
T26	14.50	4 x 400m	U17 Men	Final
T27	15.00	400m Hurdles	U20 Women	Final
T28	15.05	400m Hurdles	U23 Women	Final
T29	15.15	400m Hurdles	U20/23 Men	Final
T30	15.20	800m	U20 Men	Final
T31	15.25	800m	U23 Men	Final
T32	15.30	800m	U20 Women	Final
T33	15.35	200m	U20 Men	3 Heats
T34	15.45	200m	U23 Men	2 Heats
T35	15.55	200m	U20 Women	2 Heats
T36	16.05	200m	U23 Women	Final
T37	16.10	1500m	U20 Men	Final
T38	16.20	1500m	U23 Men	Final
T39	16.30	1500m	U20 Women	Final
T40	16.40	1500m	U23 Women	Final
T41	16.50	3 x 800m	U 13 Girls	Final
T42	17.05	3 x 800m	U 13 Boys	Final
T43	17.20	3 x 800m	U 15 Girls	Final
T44	17.35	200m	U20 Men	Final
T45	17.40	200m	U23 Men	Final
T46	17.45	200m	U 20 Women	Final

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**Provisional Field Timetable**

Event	Time	Event	Age Group	
F1	9.30	Hammer	U20/23 Men	Final
F2	10.00	High Jump	U20/23 Women	Final
F3	10.00	Shot Putt	U20/23 Men	Final
F4	10.45	Hammer	U20/23 Women	Final
F5	10.45	Long Jump	U20/23 Men	Final
F6	12.30	Javelin	U20/23 Men	Final
F7	12.30	Pole Vault	U20/23 Women/Men	Final
F8	12.30	Long Jump	U20/23 Women	Final
		LUNCH		
F9	2.00	High Jump	U20/23 Men	Final
F10	2.00	Triple Jump	U20/23 Men	Final
F11	2.00	Javelin	U20/23 Women	Final
F12	3.00	Discus	U20/23 Women	Final
F13	3.00	Triple Jump	U20/23 Women	Final
F14	4.00	Discus	U20/23 Men	Final
F15	4.30	Shot	U20/23 Women	Final