

scottishathletics U20 & Senior Inter-Regional Match 2011  
 Wishaw, North Lanarkshire  
 PROVISIONAL TIMETABLE - Sunday 28 August 2011

**TRACK EVENTS**

EVENT NO	TIME	EVENT	AGE GROUP	RACE
<b>U20/Senior Inter Regional Provisional Timetable</b>				
T01	10.30	400m Hurdles	Women	B Race
T02	10.35	400m Hurdles	Women	A Race
T03	10.45	400m Hurdles	Men	B Race
T04	10.50	400m Hurdles	Men	A Race
T05	10.55	100m	Men	B Race
T06	11.00	100m	Men	A Race
T07	11.05	100m	Women	B Race
T08	11.10	100m	Women	A Race
T09	11.15	400m	Men	B Race
T10	11.20	400m	Men	A Race
T11	11.25	400m	Women	B Race
T12	11.30	400m	Women	A Race
T13	11.35	1500m	Men	A/B Race
T14	11.45	1500m	Women	A/B Race
T15	11.55	100m	Girls	IFC
T16	12.00	100m	Boys	IFC
	12.15	5000m	Men/Women	A/B Race
		Lunch		
T17	13.00	4 x 100m Relay	Girls	Whizz Kids
T18	13.05	4 x 100m Relay	Boys	Whizz Kids
T19	13.15	Relay	Girls/Boys	IFC
T20	13.25	110m Hurdles	Men	B Race
T21	13.30	110m Hurdles	Men	A Race
T22	13.40	100m Hurdles	Women	B Race
T23	13.45	100m Hurdles	Women	A Race
T24	14.00	200m	Men	B Race
T25	14.05	200m	Men	A Race
T26	14.10	200m	Women	B Race
T27	14.15	200m	Women	A Race
T28	14.25	800m	Men	B Race
T29	14.30	800m	Men	A Race
T30	14.35	800m	Women	B Race
T31	14.40	800m	Women	A Race
T32	14.50	3000m S/Chase	Men	A&B Race
T33	15.15	4 x 100m	Men	A Race
T34	15.30	4 x 100m	Women	A Race

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**FIELD EVENTS**

EVENT NO	TIME	EVENT	AGE GROUP	EVENT
F01	9.30	Hammer	Men	A&B
F02	10.45	Hammer	Women	A&B
F03	10.45	High Jump	Women	A&B
F04	10.45	Triple Jump	Men	A&B
F05	10.45	Pole Vault	Men	A&B
F06	12.00	Javelin	Women	A&B
F07	12.00	Shot Putt	IFC	
F08	12.00	Long Jump	IFC	
F09	12.00	High Jump	IFC	
F10	13.15	Javelin	Men	A&B
F11	13.15	Long Jump	Women	A&B
F12	13.15	Shot Putt	Men	A&B
F13	13.15	High Jump	Men	A&B
F14	14.30	Discus	Women	A&B
F15	14.30	Pole Vault	Women	A&B
F16	14.30	Long Jump	Men	A&B
F17	15.45	Discus	Men	A&B
F18	15.45	Triple Jump	Women	A&B
F19	15.45	Shot Putt	Women	A&B