

Combined Events/superTEAMS/3k Championships 2013 Grangemouth

Provisional Timetable - Saturday 13 July

	Senior/ U20 Men	Masters Men	U18 Men	U16 Boys	U14 Boys	Senior/ Masters/U2 0 Women	U18 Women	Superteam s Pool A		Superteam s Pool B		Superteams Pool C		Other	
Entries	4 1	2	2	5	5	3	3								
9.45	100m	100m	100m	High Jump	High Jump										
10.00						100m Hurdles									
						80m H (W50)	100m Hurdles								
10.15								100m		Long Jump Pit B		Shot Putt			
10.45	Long Jump	Long Jump	Long Jump												
11.00															
11.15				100m Hurdles		High Jump	High Jump								
11.20					80m Hurdles										
11.30								Long Jump Pit B		Shot Putt		100m			
12.00	Shot	Shot	Shot												
12.15															
12.30								Shot Putt		100m		Long Jump Pit B			
12.45															
13.00						Shot	Shot								
13.30				Shot	Shot										to sun
13.45															
14.00	High Jump	High Jump	High Jump												
14.30				Long Jump	Long Jump			4x100m Relay		4x100m Relay		4x100m Relay			
14.45															
15.00															
15.30															
Unspec	400m	400m	400m	800m	800m	200m	200m								

Track events only appear on this sheet as a guide

They will be run as far as possible as per the TRACK TIMETABLE

The Final CE Track Events will be run at a time to be arranged by the Overall Referee

Combined Events/U18/20 300m Championships 2013

Provisional Timetable - Sunday 14 July

	Senior/ U20 Men	CE Masters Men	U18 Men	Sen/CE Masters /U20 Women	U18 Women	U16 Girls	U14 Girls	Other									
Entries	4 1	2	2	3	3	8	17										
9.30																	
9.40																	
10.15	110m Hurdles	Hurdles	110m Hurdles			Long Jump	High Jump										
10.30																	
10.45				Long Jump	Long Jump												
11.00																	
11.15																	
11.30	Discus	Discus	Discus			Hurdles	Hurdles										
11.45																	
12.00																	
12.15																	
12.30	Pole Vault	Pole Vault	Pole Vault			Shot	Long Jump										
12.40																	
12.50																	
13.00																	
13.05																	
13.15				Javelin	Javelin												
13.20																	
13.30																	
13.50								3K U18/20W									
14.30						High Jump	Shot	3K U18/20M									
14.35																	
14.45																	
15.00	Javelin	Javelin	Javelin														
15.15																	
15.30																	
16.00																	
Unspec	1500m	1500m	1500m	800m	800m	800m	800m										

The Final Track events will be run at a time to be arranged by the Overall Referee.