

SCOTTISH WOMEN'S ATHLETIC LEAGUE

PROGRAMME OF EVENTS 2014

TRACK EVENTS - MATCH 1 - ABERDEEN & MATCH 3 - MEADOWBANK

| | | | | |
|-------|-----|--------------|-----|-----|
| 12.30 | 1. | 400M Hurdles | Sen | 'A' |
| | 2. | 400m Hurdles | Sen | 'B' |
| 12.40 | 3. | 300m Hurdles | U17 | 'A' |
| | 4. | 300m Hurdles | U17 | 'B' |
| 12.50 | 5. | 100m | U13 | 'A' |
| | 6. | 100m | U13 | 'B' |
| 1:00 | 7. | 100m | U15 | 'A' |
| | 8. | 100m | U15 | 'B' |
| 1:10 | 9. | 100m | U17 | 'A' |
| | 10. | 100m | U17 | 'B' |
| 1:20 | 11. | 100m | Sen | 'A' |
| | 12. | 100m | Sen | 'B' |
| 1.30 | 13. | 400m | Sen | 'A' |
| | 14. | 400m | Sen | 'B' |
| 1.40 | 15. | 300m | U17 | 'A' |
| | 16. | 300m | U17 | 'B' |
| 1.50 | 17. | 3000m | Sen | 'A' |
| | 18. | 3000m | Sen | 'B' |
| 2.00 | 19. | 70m Hurdles | U13 | 'A' |
| | 20. | 70m Hurdles | U13 | 'B' |
| 2.10 | 21. | 75m Hurdles | U15 | 'A' |
| | 22. | 75m Hurdles | U15 | 'B' |
| 2.20 | 23. | 80m Hurdles | U17 | 'A' |
| | 24. | 80m Hurdles | U17 | 'B' |
| 2.30 | 25. | 100m Hurdles | Sen | 'A' |
| | 26. | 100m Hurdles | Sen | 'B' |

| | | | | |
|------|-----|--------|-----|-------|
| 2.50 | 27. | 800m | U17 | 'A' |
| | 28. | 800m | U17 | 'B' |
| 3:00 | 29. | 800m | Sen | 'A' |
| | 30. | 800m | Sen | 'B' |
| 3.10 | 31. | 200m | U13 | 'A' |
| | 32. | 200m | U13 | 'B' |
| 3.20 | 33. | 200m | U15 | 'A' |
| | 34. | 200m | U15 | 'B' |
| 3.30 | 35. | 200m | U17 | 'A' |
| | 36. | 200m | U17 | 'B' |
| 3.40 | 37. | 200m | Sen | 'A' |
| | 38. | 200m | Sen | 'B' |
| 3.50 | 39. | 800m | U15 | 'A' |
| | 40. | 800m | U15 | 'B' |
| 4.00 | 41. | 800m | U13 | 'A' |
| | 42. | 800m | U13 | 'B' |
| 4.10 | 43. | 1500m | U15 | 'A' |
| | 44. | 1500m | U15 | 'B' |
| 4.20 | 45. | 1500m | Sen | 'A' |
| | 46. | 1500m | Sen | 'B' |
| 4.40 | 47. | 4x100m | Sen | Relay |
| | 48. | 4x100m | U17 | Relay |
| | 49. | 4x100m | U15 | Relay |
| | 50. | 4x100m | U13 | Relay |
| | 51. | 4x400m | Sen | Relay |

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

FIELD EVENTS

| | | | |
|-------|----|------------|-----|
| 11.45 | 1. | Hammer | Sen |
| 12.00 | 2. | Long Jump | Sen |
| | 3. | High Jump | U15 |
| | 4. | Shot Putt | U17 |
| 1.00 | 5. | Pole Vault | Sen |
| | 6. | Long Jump | U13 |
| | 7. | Shot Putt | U15 |
| | 8. | Discus | Sen |
| 1.45 | 9. | High Jump | Sen |

| | | | |
|------|-----|-------------|-----|
| 2.00 | 10. | Javelin | U15 |
| | 11. | Long Jump | U17 |
| 3.00 | 12. | Javelin | U17 |
| | 13. | Long Jump | U15 |
| | 14. | Shot Putt | Sen |
| 3.30 | 15. | High Jump | U17 |
| 4.00 | 16. | Triple Jump | Sen |
| | 17. | Javelin | Sen |
| | 18. | Shot Putt | U13 |

* Field event 2 and 16, LJ and TJ (Sen) will alternate at each meeting. LJ (Sen) will take place at 12.00 in the 1st and 3rd meetings in 2014 with TJ (Sen) at 4pm. LJ (Sen) will take place at 12.00 at 2nd Meeting and TJ (Sen) at 4pm

** Field Event Number 10 and 12 (U15 / U17 Discus / Javelin) will alternate at each meeting.

U15 and U17 Javelin will take place at 1st and 3rd meetings in 2014 and Discus in 2nd Meeting..