

scottishathletics East District Track and Field Championships

Friday 12th May

Grangemouth Stadium, Grangemouth

Track Timetable				
Event No.	Time	Event	Age Group	Round
1	17.45	1500m	U15G	1
2	18.00	1500m	U17M	1
3	18.15	200m	U13G	1
4	18.27	200m	U13B	1
5	18.35	200m	U15G	1
6	18.48	200m	U15B	Final
7	18.52	200m	U17W	1
8	19.00	200m	U17M	1
9	19.08	200m	U20W	1
10	19.16	200m	Sen W	Final
11	19.20	200m	U20M	1
12	19.28	200m	Sen M	1
13	19.40	1500m	U13G	Final
14	19.47	1500m	U13B	Final
15	20.01	1500m	U15B	Final
16	20.08	1500m	U17W	Final
17	20.15	1500m	U20W	Final
18	20.22	1500m	Sen W	Final
19	20.29	1500m	U20M	Final
20	20.36	1500m	SenM	Final
21	20.45	1500m	U15G	Final
22	20.52	1500m	U17M	Final
23	21.00	200m	U13G	Final
24	21.04	200m	U13B	Final
25	21.08	200m	U15G	Final
26	21.12	200m	U17W	Final
27	21.16	200m	U17M	Final
28	21.20	200m	U20W	Final
29	21.24	200m	U20M	Final
30	21.28	200m	Sen M	Final
Field Timetable				
Event No.	Time	Event	Age Group	
31	17.45	Hammer	U20M	
32		Hammer	U20W	
33	18.00	Triple Jump	Sen/U20W	
34		Triple Jump	U17W	
35		Triple Jump	U15G	
36	18.30	High Jump	U15G	
37	19.15	Hammer	U15G	
38		Hammer	U15B	
39		Hammer	U17M	
40		Hammer	U17W	
41	20.00	Triple Jump	Sen/U20M	
42		Triple Jump	U17M	
43	20.30	Discus	U13B	
44		Discus	U13G	
45		Discus	U15B	
46		Discus	U15G	

Field Events 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts

Track Timetable				
Event No	Time	Event	Age Group	Round
51	10.00	400m Hurdles	U20/U17M-Sen/U20W	Final
52	10.10	300m Hurdles	U17W	Final
53	10.20	800m	U15G	1
54	10.28	800m	U15B	1
55	10.36	800m	U17W	1
56	10.44	800m	U17M	1
57	10.56	800m	U20W	Final
58	11.00	800m	SenW	Final
59	11.04	800m	U20M	Final
60	11.08	800m	SenM	Final
61	11.12	100m	U13G	1
62	11.28	100m	U15G	1
63	11.44	100m	U13B	1
64	11.52	100m	U15B	1
65	12.00	100m	U17W	1
66	12.08	100m	U17M	1
67	12.20	100m	U20W	1
68	12.28	100m	Sen W	Final
69	12.32	100m	U20M	1
70	12.40	100m	Sen M	1
71	12.50	3000m SC	Sen/U20M	Final
LUNCH				
72	13.40	110m Hurdles	Sen/U20M	Final
73	13.45	100m Hurdles	U17M/U18M	Final
74	13.50	100m Hurdles	Sen/U20W/U18W	Final
75	13.55	80m Hurdles	U15B	Final
76	14.00	80m Hurdles	U17W	1
77	14.10	75m Hurdles	U15G/U13B	1
78	14.20	70m Hurdles	U13G	1
79	14.25	400m	U20W	1
80	14.32	400m	Sen W	Final
81	14.36	400m	U20M	1
82	14.44	400m	Sen M	Final
83	14.48	400m	U17M	Final
84	14.52	300m	U15B	1
85	15.00	300m	U17W	Final
86	15.04	300m	U15G	1
87	15.15	100m	U13G	Semi F
88	15.21	100m	U15G	Semi F
89	15.27	100m	U13B	Final
90	15.30	100m	U15B	Final
91	15.33	100m	U17W	Final
92	15.36	100m	U17M	Final
93	15.39	100m	U20W	Final
94	15.42	100m	U20M	Final
95	15.45	100m	Sen M	Final
96	15.48	800m	U13G	Final
97	15.56	800m	U13B	Final
98	16.04	800m	U15G	Final
99	16.08	800m	U15B	Final
100	16.12	800m	U17W	Final
101	16.16	800m	U17 M	Final
102	16.20	100m	U13G	Final
103	16.23	100m	U15G	Final
104	16.26	400m	U20W	Final
105	16.30	400m	U20M	Final
106	16.34	300m	U15B	Final
107	16.38	300m	U15G	Final
108	16.45	70m Hurdles	U13G	Final
109	16.50	75m Hurdles	U15G	Final
110	16.55	80m Hurdles	U17W	Final

Saturday 13th May

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Field Timetable			
Event No.	Time	Event	Age Group
111	10.00	Javelin	Sen/U20W
112		Javelin	U18/17W
113		Javelin	U15G
114		Javelin	U13G
115	10.00	Long Jump	U13G
116	10.00	Shot Putt	Sen M/U20M
117		Shot Putt	U17M
118		Shot Putt	U15B
119	11.15	Long Jump	U15B
120	11.30	Javelin	Sen M/U20/U18M
121		Javelin	U17
122		Javelin	U15B
123		Javelin	U13B
124	11.30	High Jump	Sen/U20W
125		High Jump	U17W
126	11.30	Pole Vault	All male/female
127	12.30	Long Jump	Sen/U20M
128		Long Jump	U17M
129	13.00	Shot Putt	Sen/U20W
130		Shot Putt	U17W
131	13.00	High Jump	Sen/U20M
132		High Jump	U17M
133		High Jump	U15B
134	13.45	Long Jump	U13B
135	14.30	Shot Putt	U15G
136	14.30	Discus	Sen/U20 M
137		Discus	U17M
138	15.00	Long Jump	Sen/U20W
139		Long Jump	U17W
140	15.30	High Jump	U13G
141		High Jump	U13B
142	16.00	Discus	Sen/U20W
143		Discus	U17W
144	16.00	Shot Putt	U13B
145		Shot Putt	U13G
146	16.15	Long Jump	U15G

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