

Scottish Athletics League 2017

| Track Programme | | | Field Programme | | |
|-----------------|------------------|--|-------------------------|---|---|
| <u>Time</u> | <u>(Match 4)</u> | <u>Event</u> | <u>Time</u> | <u>Division 1</u> | <u>Division 2</u> |
| 13:00 | (12:30) | 400m hurdles – Division 1 (A) 400m hurdles – Division 1 (B) 400m hurdles – Division 2 (A) 400m hurdles – Division 2 (B) | 12:00 12:00 12:00 | Pole Vault Javelin - | Pole Vault Long Jump High Jump |
| 13:20 | (12:50) | 800m – Division 1 (A) 800m – Division 1 (B) 800m – Division 2 (A) 800m – Division 2 (B) | 13:00 13:00 | Long Jump Shot | Javelin (Replaced by Hammer at Match 1) |
| 13:45 | (13:15) | 100m – Division 1 (A) 100m – Division 1 (B) 100m – Division 2 (A) 100m – Division 2 (B) 100m – Guest | | | |
| 14:15 | (13:45) | 3000m steeplechase – Div 1&2 (A&B) | 14:00 14:00 | High Jump Hammer (A string only at Match 4) | Triple Jump (A string Hammer at Match 4) |
| 14:35 | (14:05) | 110m hurdles – Division 1 (A) 110m hurdles – Division 1 (B) 110m hurdles – Division 2 (A) 110m hurdles – Division 2 (B) | | | |
| 14:50 | (14:20) | 400m – Division 1 (A) 400m – Division 1 (B) 400m – Division 2 (A) 400m – Division 2 (B) | | | |
| 15:15 | (14:45) | 1500m – Division 1 (A & B) 1500m – Division 2 (A & B) | 15:00 15:00 | Triple Jump Discus | Shot - |
| 15:35 | (15:05) | 200m – Division 1 (A) 200m – Division 1 (B) 200m – Division 2 (A) 200m – Division 2 (B) | | | |
| 16:00 | (15:30) | 5000m– Division 1 & 2 (A & B) (At match 4 replaced by 10,000m) | 16:00 | - | Discus (Replaced by Hammer at Match 3) |
| 16:25 | (16:15) | 4 × 100m relay – Division 1 4 × 100m relay – Division 2 | | | |
| 16:40 | (16:30) | 4 × 400m relay – Division 1 4 × 400m relay – Division 2 | | | |

Note that the track programme starts at 13:00 at Matches 1, 2 & 3 but starts earlier at 12:30 at Match 4 to allow the 5,000m to be replaced by a 10,000m. The field programme starts at 12:00 at all four matches.

Match 1: Saturday 6th May 2016 7at Aberdeen
 Match 2: Sunday 11th June 2016 7at Crownpoint Glasgow
 Match 3: Sunday 9th July 2017 at Grangemouth
 Match 4: Sunday 13th August 2017 at Grangemouth