

DIVISION 2 & 3 – Match 1 Grangemouth Saturday 27th April 2024

TRACK				
TIME	DIVISION	AGE GROUP	EVENT	NOTES
11:30	Div 2 / 3	Senior Women	3000m	A & B
11:30	Div 2 / 3	Masters Women	3000m	A only
11:45	Div 2 then 3	Under 17 Women	300m	A then B
11:55	Div 2 then 3	Under 17 Men	400m	A then B
12:05	Div 2 then 3	Senior Women	400m	A then B
12:15	Div 2 then 3	Senior Men	400m	A then B
12:25	Div 2 then 3	Under 11 Girls	80m	A then B
12:30	Div 2 then 3	Under 11 Boys	80m	A then B
12:40	Div 2 then 3	Under 13 Girls	100m	A then B
12:45	Div 2 then 3	Under 13 Boys	100m	A then B
12:50	Div 2 then 3	Under 15 Girls	100m	A then B
12:55	Div 2 then 3	Under 15 Boys	100m	A then B
13:10	Div 2 then 3	Under 17 Women	100m	A then B
13:20	Div 2 then 3	Under 17 Men	100m	A then B
13:30	Div 2 then 3	Senior Women	100m	A then B
13:35	Div 2 then 3	Senior Men	100m	A then B
13:40	Div 2 then 3	Masters Women	100m	A then B
13:45	Div 2 then 3	Masters Men	100m	A then B
14:00	Div 2 then 3	Under 11 Girls	600m	A & B
14:10	Div 2 then 3	Under 11 Boys	600m	A & B
14:20	Div 2 then 3	Under 13 Girls	800m	A & B
14:30	Div 2 then 3	Under 13 Boys	800m	A & B
14:40	Div 2 then 3	Under 15 Girls	800m	A & B
14:50	Div 2 then 3	Under 15 Boys	800m	A & B
15:00	Div 2 then 3	Under 17 Women	800m	A & B
15:10	Div 2 then 3	Under 17 Men	800m	A & B
15:20	Div 2 then 3	Senior Women	800m	A & B
15:30	Div 2 then 3	Masters Women	800m	A & B
15:40	Div 2 then 3	Senior Men	800m	A & B
15:50	Div 2 then 3	Masters Men	800m	A & B
16:00	Div 2 then 3	U11 Girls & Boys	4 x 100m	
16:10	Div 2 then 3	U13 Girls & Boys	4 x 100m	
16:20	Div 2 then 3	U15 Girls & Boys	4 x 100m	
16:30	Div 2 then 3	U17 Women & Men	4 x 100m	
16:40	Div 2 then 3	Sen Women & Men	4 x 100m	

FIELD			
TIME	DIVISION	AGE GROUP	EVENT
11:30	Div 2 / 3	Under 11 Girls	Long Jump
	Div 2 / 3	Under 13 Boys	Shot Put
	Div 2 / 3	Under 15 Boys	Javelin
	Div 2 / 3	Senior Men	High Jump
12:30	Div 2 / 3	Under 13 Boys	Long Jump
13:00	Div 2 / 3	Under 11 Boys	Long Jump
	Div 2 / 3	Under 17 Men	Shot Put
	Div 2 / 3	Under 15 Girls	Javelin
14:30	Div 2 / 3	Senior Women	High Jump
	Div 2 / 3	Under 17 Women	High Jump
	Div 2 / 3	Under 13 Girls	Long Jump
15:00	Div 2 / 3	Under 15 Boys	Long Jump
	Div 2 / 3	Under 15 Girls	Shot Put
	Div 2 / 3	Senior Men	Javelin
15:30	Div 2 / 3	Under 17 Women	Long Jump
	Div 2 / 3	Under 13 Girls	Shot Put
	Div 2 / 3	Senior Women	Javelin
	Div 2 / 3	Under 17 Men	High Jump

Note: relays are mixed, each team must have 2 males and 2 females in them, running in any order.