

WINTER 2009/10 FIXTURES

INDOOR TRACK & FIELD

Event	Ages	Date	Location
Scottish Universities Freshers Indoor Match	U20 - Sen	Wed 28 th Oct	Glasgow
Central & East Indoor Regional Championships	All	Wed 2 nd Dec	Grangemouth
Scottish Athletics Indoor League - Match 1	U11 – U20	Sun 13 th Dec	Glasgow
Scottish Athletics Indoor League - Match 2	U11 – U20	Sun 3 rd Jan	Glasgow
Grangemouth Stadium Indoor Open Graded Meeting	All	Wed 6 th Jan	Grangemouth
Edinburgh Indoor Open Graded Meeting	All	Sun 10 th Jan	Meadowbank
Closed U15/U17 Indoor Championships	U15 – U17	Sat 16 th Jan	Glasgow
Inter-Regional Indoor Match	U20 – Sen	Sun 17 th Jan	Glasgow
U13 SuperTeams Indoor Championships	U13	Sat 23 rd Jan	Glasgow
National Combined Events Indoor Championships	U15 – Sen	Sat 23 rd Jan	Glasgow
National Masters Indoor Championships	Masters	Sun 24 th Jan	Glasgow
Grangemouth Stadium Indoor Open Graded Meeting	All	Wed 3 rd Feb	Grangemouth
Scottish Schools Indoor T&F Championships	U13 – U20	Thurs 4 th Feb	Glasgow
National Senior Indoor Championships	U20 – Sen	Sat 6 th Feb	Glasgow
Junior Indoor Relay Championships	U13 – U17	Sat 6 th Feb	Glasgow
U13 SuperTeams Indoor Championships	U13	Sat 13 th Feb	Glasgow
National U15 Indoor Championships	U15	Sat 13 th Feb	Glasgow
National U17/U20 Indoor Championships	U17 – U20	Sun 14 th Feb	Glasgow
Scottish Universities Indoor Athletics Championships	U20 - Sen	Sat 20 th Feb	Glasgow
Scottish Athletics Indoor League - Match 3	U11 – U20	Sun 21 st Feb	Glasgow
Edinburgh Indoor Open Graded Meeting	All	Sun 28 th Feb	Meadowbank
Scottish Athletics Indoor League - Final	U11 – U20	Sun 14 th Mar	Glasgow
Grangemouth Stadium Indoor Open Graded Meeting	All	Wed 17 th Mar	Grangemouth

CROSS COUNTRY

Event	Ages	Date	Location
East District Cross Country League	All	Sat 17 th Oct	Stirling
National Cross Country Relay Championships	U13 – Sen	Sat 24 th Oct	Cumbernauld
Lasswade AC 28th Annual Open Cross Country	All	Sun 1 st Nov	Gorebridge
West Lothian Schools Cross Country Championships	U13 – U20	Wed 4 th Nov	Livingston
Scottish Universities Cross Country Championships	U20 - Sen	Sat 21 st Nov	Inverness
East District Cross Country League	All	Sun 22 nd Nov	Dunfermline
East District Cross Country Championships	U13 – Sen	Sat 5 th Dec	Livingston
Inter District Cross Country Championships	U13 – Sen	Sat 9 th Jan	Edinburgh
East District Cross Country League	All	Sat 16 th Jan	Broxburn
National 4K Cross Country Championships	U20 – Sen	Sun 31 st Jan	Glasgow
National Masters Cross Country Championships	Masters	Sat 6 th Feb	Forres
National Cross Country Championships	U13 – Sen	Sat 20 th Feb	Falkirk
Secondary Schools Cross Country Championships	U13 – U20	Sat 13 th Mar	Irvine
Primary Schools Cross Country Championships	U11 – U13	Sat 24 th Apr	Kirkcaldy



Ten Pin Bowling Night – Friday 13th November

- 7.00PM @ Deer Park Golf & Country Club, Livingston.
- £9 for 2 games of bowling and a burger.
- Tickets available from Alistair Dalglish on Wednesday nights.

AGM & Annual Awards Evening – Wednesday 18th November

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