

**Bank of Scotland Under 20 and Under 23 Championships**

**Grangemouth Stadium - Sunday 15 June 2008**

**Provisional Track Timetable**

Event	Time	Event	Age Group	Heats/Finals
T01	10.00	5000m	All Age Groups	Final
T02	10.20	100m	U20 Men	2 Heats
T03	10.30	100m	U23 Men	Final
T04	10.35	100m	U20 Women	2 Heats
T05	10.45	100m	U23 Women	Final
T06	10.50	400m	U20 Men	3 Heats
T07	11.00	400m	U23 Men	Final
T08	11.05	400m	U20 Women	2 Heats
T09	11.15	400m	U23 Women	Final
T10	11.25	100 Hurdles	U20 Women	Final
T11	11.30	100 Hurdles	U23 Women	Final
T12	11.40	110 Hurdles	U20/U23 Men	Final
T13	11.45	800m	U20 Men	2 Heats
T14	11.55	800m	U23 Men	Final
T15	12.00	800m	U20 Women	2 Heats
T16	12.10	800m	U23 Women	Final
T17	12.15	100m	U20 Men	Final
T18	12.20	100m	U20 Women	Final
T19	12.30	1500m	U20 Men	Final
T20	12.40	1500m	U23 Men	Final
T21	12.50	1500m S/Chase	U20/U23 Women	Final
T22	13.00	400m	U20 Men	Final
T23	13.05	400m	U20 Women	Final
		LUNCH		
T24	13.30	3 x 800m	U13 Girls	2 Heats
T25	13.50	3 x 800m	U13 Boys	2 Heats
T26	14.10	3 x 800m	U15 Girls	3 Heats
T27	14.30	3 x 800m	U15 Boys	3 Heats
T28	14.50	3 x 800m	U17 Women	Final
T29	15.00	4 x 400m	U 17 Men	Final
T30	15.15	400m Hurdles	U20 Women	Final
T31	15.20	400m Hurdles	U23 Women	Final
T32	15.30	400m Hurdles	U20/U23 Men	Final
T33	15.40	800m	U20 Men	Final
T34	15.45	800m	U20 Women	Final
T35	15.55	200m	U20 Men	2 Heats
T36	16.05	200m	U23 Men	Final
T37	16.10	200m	U20 Women	2 Heats
T38	16.20	200m	U23 Women	Final
T39	16.30	2000m S/Chase	U20/U23 Men	Final
T40	16.40	1500m	U20 Women	Final
T41	16.50	1500 m	U23 Women	Final
T42	17.00	3 x 800m	U13 Girls	Final
T43	17.10	3 x 800m	U13 Boys	Final
T44	17.20	3 x 800m	U15 Girls	Final
T45	17.30	3 x 800m	U15 Boys	Final
T46	17.40	200m	U20 Men	Final
T47	17.45	200m	U20 Women	Final

**Bank of Scotland Under 20 and Under 23 Championships  
Grangemouth Stadium - Sunday 15 June 2008  
Provisional Field Timetable**

Event	Time	Event	Age Group	
F1	9.30	Hammer	U20/23 Men	Final
F2	10.00	High Jump	U20/23 Women	Final
F3	10.30	Pole Vault	U20/23 Men	Final
F4	11.00	Long Jump	U20/23 Men	Final
F5	11.00	Hammer	U20/23 Women	Final
F6	12.30	Discus	U20/23 Men	Final
F7	12.30	Pole Vault	U20/23 Women	Final
F8	12.30	Long Jump	U20/23 Women	Final
		LUNCH		
F9	2.00	High Jump	U20/23 Men	Final
F10	2.00	Triple Jump	U20/23 Men	Final
F11	2.00	Discus	U20/23 Women	Final
F12	2.00	Shot	U20/23 Men	Final
F13	3.00	Triple Jump	U20/23 Women	Final
F14	3.00	Javelin	U20/23 Women	Final
F15	4.00	Shot	U20/23 Women	Final
F16	4.00	Javelin	U20/23 Men	Final

