



Heating Appliances & Spares

SPECIALIST H & V DISTRIBUTORS

HASL LOTHIAN & BORDERS LEAGUE

TIMETABLE

THIRD MATCH - SUNDAY, 10th AUGUST

TRACK			
1	1.15	80mH	U17W
2	1.25	100mH	SW
3	1.30	100mH	U17M
4	1.35	110mH	SM
5	1.45	3Km	U17/SM
5	1.45	3Km	U17/SW
6	2.05	100m	U11G
7	2.10	100m	U11B
8	2.15	100m	U13G
9	2.25	100m	U13B
10	2.35	100m	U15G
11	2.50	100m	U15B
12	3.00	100m	U17W
13	3.10	100m	U17M
14	3.20	100m	SW
15	3.30	100m	SM
16	3.40	4 X 100m	U11G /U11B
17	3.50	4 X 100	SEN / U17 M/W
18	4.00	3X800m	U13G / U13B
19	4.15	4x300m	U15G / U15B
20	4.25	4 X 400m	U17W /U17M
21	4.35	4 X 400m	SW / SM

FIELD		
1.00	Discus	U15B
1.00	High Jump	U11B
1.30	Long Jump	U17/SW
1.30	Shot	U17/SM
1.50	PV	OPEN
1.50	Discus	U15G
1.50	Shot	U11G
2.00	High Jump	U17/SM
2.30	Long Jump	U13 B
2.50	Javelin	U17/SW
2.50	Shot	U13G
3.40	Javelin	U17/SM