

**PROVISIONAL PROGRAMME – LOTHIAN & BORDER ATHLETIC TRIALS**  
**INCLUDING U11 / U13 Lothian & Border Closed Championship Events, and Team Match**  
**RESULTS WILL BE CONSIDERED AS PART OF EAST REGION TRIALS**

**11<sup>th</sup> APRIL 2010**

	<b>TRACK EVENTS</b>	<b>UNDER 11</b>	<b>UNDER 13</b>	<b>UNDER 15</b>	<b>17 YEARS &amp; OVER</b>
10.15	400mH (M&W)		Long Jump (B&G) (16)	High Jump (B&G) (7)	HAMMER (6)
10.20	300mH (U17W)	SP B/G(3)	SP (B&G) (4)		
10.25	<b>100m (U11G) 2Hts</b>				
10.35	<b>100m (U13G) 4Hts</b>				
10.50	<b>100m (U11B) Final</b>				
10.53	<b>100m (U13B) Final</b>				
10.55	100m (U15B) 1 Ht				
11.00	100m (U15G) 2 Hts			SP(B/G) (4)	SHOT (7)
11.10	100m (U17M) 2 Hts				
11.15	100m (U17W) 2 Hts				
11.25	100m (S.Men) 1Ht				
11.30	100m (S.Wom) 1 Ht			LJ(B&G) (8)	
11.35	<b>100m (U11G) FINAL</b>	HJ(B&G)(5)	<b>JAV (B/G) (4)</b>	JAV (B/G) (2)	JAVELIN (M&W) (7)
11.40	<b>100m (U13G) FINAL</b>		High Jump (B&G) (5)		
11.45	800m (U15B) (1 HT)				
11.55	800m (U15G) (2 HTS)				
12.05	800m (U13B) (1HT)				
12.10	800m (U13G) (1HT)				
12.15	800m (U11B) (1HT)				
12.20	800m (U11G) (1HT)				
12.30	300m U17W (1HT)				
<b>LUNCH</b>					
13.30	<b>70m Hurd (U13G) FIN</b>			Pole Vault (3)	Discus (5) LONG JUMP (15)
13.40	75 Hurd (U13B/U15G)				
13.45	80m Hurd (U15B) (1HT)				
13.55	80m Hurd (U17W) (1HT)				
14.00	100/110m H (U17M/U20M/SW) (1HT)				
14.10	200m (U17/SM) 2Hts				
14.20	200m (U17W) (1HT)				
14.25	200m (U20/SW) (1HT)		Discus (B&G) (2)	Discus B/G (2)	
14.30	200m (U15B) 2HTS				HIGH JUMP
14.40	200m (U15G) 2HTS				
14.45	200m (U13B)				
14.50	200m (U13G) 2HTS	LJ(B&G) (8)			
15.00	200m (U11B) (1HT)				
15.05	200m (U11G) (1HT)				
15.15	1500m (U17/SW) (1HT)				
15.25	1500m(U20/SM) (1HT)				
15.35	400m(SW) (1HT)				
15.40	400m (U17 MEN) (1HT)				
15.45	400m (SM) (1HT)				

Places in track events will be based on electric times (i.e. No Finals) - **EXCEPT U11 / U13 CHAMPIONSHIP EVENTS**

**UPDATED TIMETABLE**