

**SAL Masters Track & Field Championships incorporating
Lothian & Borders Open
SAL 10,000m Championship**

Track Saturday 28th May 2011

No.	Time	Event	Age group	Heats/Final
T01	10.00	400mHurdles	M45/55/75 + W50	Final
T02	10.05	100m	W40/45/50/75	Final
T03	10.10	100m	M35/40	Final
T04	10.15	100m	M45	Final
T05	10.20	100m	M50	Final
T06	10.25	100m	M55/60	Final
T07	10.30	100m	M65/70/75/80	Final
T08	10.35	100m	U11 GIRLS	L & B FINAL
T09	10.40	100m	U11 BOYS	L & B FINAL
T10	10.45	100m	U13 BOYS	L & B FINAL
T11	10.50	100m	U13 GIRLS	L & B FINAL
T12	10.55	100m	U15 BOYS	L & B FINAL
T13	11.00	100m	U15 GIRLS	L & B FINAL
T14	11.05	100m	U17 WOMEN	L & B FINAL
T15	11.10	100m	U20 WOMEN	L & B FINAL
T16	11.15	100m	U17 MEN	L & B FINAL
T17	11.20	100m	U20/ SENIOR MEN	L & B FINAL
T18	11.25	3000m	W35/40/45/50/55	Final
T19	11.55	100m Hurdles	M50/55/75	Final
T20	12.00	80m Hurdles	W35/40/45/50	Final
T21	12.05	800m	W40/45/50	Final
T22	12.10	800m	M35/40/45	Final
T23	12.15	800m	M45/50/55	Final
T24	12.20	800m	M60	Final
T25	12.25	800m	M65/70/75/85	Final
T26	12.35	5000m	All Male Groups	Final
T27	13.05	10,000m	SM/SW	Final
			LUNCH	
T28	14.20	300m	U17W	L & B FINAL
T29	14.25	400m	U17 / SENIOR MEN	L & B FINAL
T30	14.30	400m	SENIOR MEN / WOMEN	L & B FINAL
T31	14.35	400m	W40/45/50	Final
T32	14.40	400m	M35/40	Final
T33	14.45	400m	M45/50/55	Final
T34	14.50	400m	M60/65	Final
T35	14.55	400m	M70/75/80/85	Final
T36	15.00	1500m	M35/40/45/50	Final
T37	15.10	1500m	M55/60/65/75/85	Final
T38	15.20	1500m	W35/45/55 & L&B U15B/U17W	Final/L&B
T39	15.30	200m	W40/45/50/75	Final
T40	15.35	200m	M35/40	Final
T41	15.40	200m	M45	Final
T42	15.45	200m	M50	Final
T43	15.50	200m	M55/60	Final
T44	15.55	200m	M65/70/75/80	Final
T45	16.00	200m	U11 GIRLS	L & B - 2 Races
T46	16.10	200m	U11 BOYS	L & B
T47	16.15	200m	U13 BOYS	L & B
T48	16.20	200m	U13 GIRLS	L & B
T49	16.25	200m	U15 BOYS	L & B
T50	16.30	200m	U15 GIRLS	L & B
T51	16.35	200m	U17 / U20 WOMEN	L & B
T52	16.40	200m	U17 MEN	L & B
T53	16.45	200m	U17 / SENIOR MEN	L & B

Field

Event No	Time.	Event.	Age Group.	
F01	10.00	High Jump	M45/50/65/75 + W35/50	Final
F02	10.00	Hammer	M35/45/50/65/70 + W40/50	Final
F03	10.00	Shot Putt	U11G/U11B/13B/U13G	L & B
F04	10.00	Long Jump	U17M / SW	L & B
F05	11.15	Javelin	M40/M50/60/65/70/80 + W35/40	Final
F06	11.15	Discus	W35/40/50	Final
F07	11.15	Long Jump	M50/55/65 + W35/40/50/50	Final
F08	11.15	Pole Vault	M45/50/60 + W45	Final
F09	12.30	Shot Putt	M40/50/55/65/70/75/80	Final
F10	12.30	Hammer	U17M/U17W/SM/SW	L & B
F11	12.30	High Jump	U13G/U13B/U15G/U17W	L & B
F12	13.45	Pole Vault	U15B/U15G/U17M/U17W	L & B
F13	13.45	Javelin	U15G/U15B/U17M/SW	L & B
F14	13.45	Discus	M35/40/45/50/60/65/70/75/80	Final
F15	13.45	Long Jump	U11B / U11G	L & B
F16	15.00	Long Jump	U13B /U13G/U15G	L & B
F17	16.15	Triple Jump	M50/55/65 + W35/50	Final
F18	16.15	Shot Putt	W35/40/50/55/70	Final
F19	16.15	Shot Putt	U17M / SW	Final