

**National OPEN**  
**19 January 2013**  
**Emirates Arena, Glasgow**

**Straight Track**

Event No	MM No.	Time	Event	Age		Heats	Entries
T01	1	10.00	60m Hurdles	SM			
T02	2	10.10	60m Hurdles	U20M			
T03	3	10.15	60m Hurdles	U18M			
T04	4	10.20	60m Hurdles	SW/U20			
T05	5	10.25	60m Hurdles	U16 Boys			
T06	6	10.30	60m Hurdles	U18 W			
T07	7	10.40	60m Hurdles	U16 Girls			
T08	8	11.00	60m Hurdles	U14 Girls			
T09	9	11.10	60m	OPEN			
		13.30	<b>LUNCH</b>				
			<b>Circular Track</b>				

Event No		Time	Event	Age		Heats	
T10	10	10.30	800m	OPEN			
T11	11	11.45	400M	OPEN			
T12	12	12.30	300m	U16W			
		12.45	<b>LUNCH</b>				
T13	13	13.30	1500m	OPEN			
T14	14	14.15	200m	OPEN			

\* Please note that track events will be run in heats, fastest to slowest.

Proposed number of heats listed. This may change after entries and declarations close

All heat lists will be pre-seeded based on current PB/SB and pre-published on website. Please check for report time.

PB's will be taken from Power of 10 following the closure of entries and seeded based on performance on the date.

			Field				
Event No	MM No.	Time	Event	Age			
F01	15	9.30	Long Jump	Pool 4			
F02	16	10.00	Shot Putt	Pool 2			
F03	17	10.45	Pole Vault	All			
F04	15	10.45	Long Jump	Pool 1			
F05	16	11.15	Shot Putt	Pool 3			
F06	15	12.00	Long Jump	Pool 2			
F07	16	12.30	Shot Putt	Pool 4			
F08	18	13.15	High Jump	Pool 1	Blue bed		
F09	15	13.15	Long Jump	Pool 3			
F10	18	13.30	High Jump	Pool 3			
F11	16	13.45	Shot Putt	Pool 1			
F12	19	14.30	Triple Jump	Pool 1	7 9		
F13	18	15.00	High Jump	Pool 2	Blue bed		
F14	18	15.00	High Jump	Pool 4			
F15	19	15.30	Triple Jump	Pool 2			

\* Please note that field athletes should chose a minimum distance or height for competition

Horizontal Jumps & Shot Putt - 2 warm up attempts (more if time permits)
