

National Indoor Open 2014

18th January, Emirates Arena, Glasgow

Event Timetable

Straight Track

Event No	Time	Event	Age	Heats No
T01	10.00	60m Hurdles	SM	
		60m Hurdles	U20M	
T02	10.05	60m Hurdles	U18M	
T03	10.10	60m Hurdles	SW	
T04	10.15	60m Hurdles	U20W	
T05	10.20	60m Hurdles	U16 Boys	
T06	10.25	60m Hurdles	U18 W	
T07	10.35	60m Hurdles	U16 Girls	
T08	10.50	60m Hurdles	U14 Boys	
T09	10.55	60m Hurdles	U14 Girls	
T10	11.10	60m	OPEN	1 to 3
	11.25	60m		4 to 6
	11.40	60m		7 to 9
	11.55	60m		10 to 12
	12.10	60m		13 to 15
	12.25	60m		16 to 18
	12.40	60m		19 to 21
	12.55	60m		22 to 24
	13.10	60m		25 to 27
	13.25	60m		28 to 30
13.40	60m		31 to 35	
13.55	LUNCH			

Circular Track

Event No	Time	Event	Age	Heats No
T11	10.00	800m	OPEN	1 to 3
	10.15	800m		4 to 6
	10.30	800m		7 to 9
	10.45	800m		10 to 12
	11.00	800m		13 to 15
	11.15	800m		16 to 18
T12	11.30	400M	OPEN	1 to 4
	11.50	400M		5

	11.55	400M		6 to 8
	12.10	400M		9 to 11
	12.25	400M		12 to 14
T13	12.40	300m	U16W	1 to 4
	13.00	LUNCH		
T14	14.00	1500m	OPEN	1 to 2
	14.20	1500m		3 to 4
	14.40	1500m		5 to 6
T15	15.00	200m	OPEN	1 to 3
	15.12	200m		4 to 6
	15.24	200m		7 to 9
	15.36	200m		10 to 12
	15.48	200m		13 to 15
	16.00	200m		16 to 18
	16.12	200m		19 to 21
	16.24	200m		22 to 24
	16.36	200m		25 to 27
	16.48	200m		28 to 30
	17.00	200m		31 to 33
	17.12	200m		34 to 36
	17.24	200m		37 to 39
	17.36	200m		40 to 42
	17.48	200m		43 to 47

* Please note that track events will be run in heats, fastest to slowest, mixed gender
 Proposed number of heats listed. This may change after declarations close
 All heat lists will be displayed outside Call Room. Please check for report time.

Field				
Event No	Time	Event	Age	Area
F01	10.00	Long Jump	Pool 3	
F02	10.00	Shot Putt	Pool 2	out
F03	10.00	Triple Jump	Pool 1	W U pit
F04	10.45	Pole Vault	Pool 1	
F05	11.30	Triple Jump	Pool 2	W U pit
F06	11.30	Shot Putt	Pool 3	out
F07	11.30	Long Jump	Pool 2	
F08	13.00	Shot Putt	Pool 4	out
F09	13.00	Long Jump	Men - elite	

F10	13.30	Pole Vault	Pool 2	
F11	14.00	Long Jump	Pool 4	W U pit
F12	14.30	High Jump	Pool 1	
F13	16.00	High Jump	Pool 2	
F14	14.30	Long Jump	Women - elite	
F15	14.30	Shot Putt	Pool 1	out
F16	14.30	High Jump	Pool 3	
F17	16.00	High Jump	Pool 4	
F18	16.00	Long Jump	Pool 1	
F18	16.00	Long Jump	Pool 5	W U pit

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