

**scottishathletics District Champions**  
**East - Grangemouth**  
**Friday 22nd May 2015**

**Provisional Track Timetable                      Friday**

Event No.	Time	Event	Age Group	Round
T01	18.00	1500m	U17M	F
T02	18.09	200m	U13G	1
T03	18.21	200m	U13B	1
T04	18.29	200m	U15G	1
T05	18.41	200m	U15B	1
T06	18.53	200m	U17W	1
T07	19.05	200m	U17M	1
T08	19.13	200m	U20W	F
T09	19.17	200m	Sen W	F
T10	19.21	200m	U20 M	F
T11	19.25	200m	Sen M	1
T12	19.33	1500m	U13G	F
T13	19.42	1500m	U13B	F1
T14	19.51	1500m	U13B	F2
T15	20.00	1500m	U15G	F1
T16	20.08	1500m	U15G	F2
T17	20.16	1500m	U15B	F1
T18	20.24	1500m	U15B	F2
T19	20.33	1500m	U17W	F
T20	20.41	1500m	U20/Sen W	F
T21	20.49	1500m	U20 M	F
T22	20.57	1500m	Sen M	F
T23	21.05	200m	U13G	F
T24	21.09	200m	U13B	F
T25	21.13	200m	U15G	F
T26	21.17	200m	U15B	F
T27	21.21	200m	U17W	F
T28	21.25	200m	U17M	F
T29	21.29	200m	Sen M	F

**Provisional Field Timetable**

Event No.	Time	Event	Age Group	
F01	18.00	Hammer	Sen/U20/17M	
F02	18.00	Hammer	Sen/U20/U17W	
F03	18.30	Triple Jump	U20/U17	
F04	18.30	High Jump	U15G	
F05	19.00	Hammer	U15G/B	
F06	19.30	Triple Jump	Sen/U20/U17	
F07	20.00	Discus	U13G/B	
F08	20.00	Discus	U15G/B	

Field even 2 warm up attempts; best 6 in each age group qu

**scottishathletics District Championships**  
**East - Grangemouth**  
**Saturday 23rd May 2015**

**Provisional Track Timetable                      Saturday**

Event No	Time	Event	Age Group	Round
T01	10.00	400m Hurdles	U17M	F
T02		400m Hurdles	Sen W	F
T03	10.05	400m Hurdles	U20 W	F
T04	10.10	300m Hurdles	U17G	1
T05	10.25	800m	U13G	1
T06	10.35	800m	U13B	1
T07	10.45	800m	U15G	1
T08	10.55	800m	U15B	1
T09	11.05	800m	U17W	1
T10	11.15	800m	U17M	1
T11	11.25	800m	U20W	F
T12	11.30	800m	Sen W	F
T13	11.35	800m	U20M	1
T14	11.45	800m	SenM	F
T15	11.55	300m Hurdles	U17G	F
T16	12.00	100m	U20W	F
T17	12.04	100m	Sen W	F
T18	12.08	100m	U20M	F
T19	12.12	100m	Sen M	F
T20	12.16	100m	U17W	1
T21	12.28	100m	U17M	1
T22	12.40	100m	U15G	1
T23	12.56	100m	U15B	1
T24	13.12	100m	U13G	1
T25	13.28	100m	U13B	1
			<b>LUNCH</b>	
T28	14.15	800m	U13G	F
T29	14.20	800m	U13B	F
T30	14.25	800m	U15G	F
T31	14.30	800m	U15B	F
T32	14.35	800m	U17W	F
T33	14.40	800m	U17 M	F
T34	14.45	800m	U20M	F
T35	14.50	400m	U20W	F
T36	14.54	400m	Sen W	1
T37	15.02	400m	U20M	F
T38	15.06	400m	Sen M	F
T39	15.10	400m	U17M	1
T40	15.18	300m	U15B	1
T41	15.26	300m	U17W	1
T42	15.34	300m	U15G	1
T43	15.55	110m Hurdles	U20/U18M	F
T44	16.00	100m Hurdles	U17M	F
T45	16.05	100m Hurdles	Sen/U20W	F
T46	16.10	80m Hurdles	U15B	F
T47	16.15	80m Hurdles	U17W	F
T48	16.20	75m Hurdles	U15G	1
T49	16.30	75m Hurdles	U13B	F
T50	16.35	70m Hurdles	U13G	F
T51	16.45	100m	U17W	F
T52	16.49	100m	U17M	F
T53	16.53	100m	U15G	F
T54	16.57	100m	U15B	F
T55	17.01	100m	U13G	F
T56	17.05	100m	U13B	F
T57	17.09	400m	Sen W	F
T58	17.13	400m	U17M	F
T59	17.17	300m	U15B	F
T60	17.21	300m	U17W	F
T61	17.25	300m	U15G	F
T62	17.30	75m Hurdles	U15G	F

**Provisional Field Timetable**

Event No.	Time	Event	Age Group
F01	10.00	Javelin	Sen/U20/17/15/13W
F02	10.00	Long Jump	U13G
F03	10.00	Shot Putt	Sen/U20/17/15M
F04	11.30	Javelin	Sen/U20/U17/15/13 M
F05	11.30	High Jump	Sen/U20/17 W
F06	11.30	Long Jump	Sen/U20/17/15 M
F07	12.00	Pole Vault	All male
F08	12.30	High Jump	Sen/U20/17/15 M
F09	13.00	Shot Putt	U15 G
F10	13.30	Long Jump	U13B
F11	14.30	High Jump	U13G/B
F12	14.30	Pole Vault	All female
F13	14.30	Shot Putt	Sen/U20/U17W
F14	15.00	Long Jump	Sen/U20/17W
F15	16.00	Discus	U20/17M Sen/U20/17W
F16	16.00	Shot Putt	U13G/B
	16.30	Long Jump	U15W

Field even 2 warm up attempts; best 6 in each age group qualify for a