

| Track Timetable | | | | |
|-----------------|-------|-------------------|-----------|-------------|
| Track | | | | |
| Event No | Time | Event | Age Group | Round |
| 1 | 10:00 | 100m | U13 Girls | 1 |
| 2 | 10:32 | 100m | U13 Boys | 1 |
| 3 | 10:52 | 100m | U20 Women | 1 |
| 4 | 11:08 | 100m | U20 Men | 1 |
| 5 | 11:20 | 400m | U20 Women | 1 |
| 6 | 11:36 | 400m | U20 Men | 1 |
| 7 | 11:42 | 100m | U13 Girls | Semi Final |
| 8 | 11:58 | 100m | U13 Boys | Semi Final |
| 9 | 12:06 | 100m | U20 Women | Semi Final |
| 10 | 12:14 | 800m | U13 Girls | Timed Final |
| 11 | 12:39 | 800m | U13 Boys | Timed Final |
| 12 | 12:59 | 100m | U20 Men | Final |
| 13 | 13:03 | 100m | U13 Girls | Final |
| 14 | 13:07 | 100m | U13 Boys | Final |
| 15 | 13:11 | 100m | U20 Women | Final |
| 16 | 13:15 | 400m | U20 Women | Semi Final |
| 17 | 13:25 | 1.5k Steeplechase | U20 Women | Final |
| 18 | 13:35 | 500m | U20 Men | Final |
| 19 | 13:55 | 1500m | U20 Men | 1 |
| 20 | 14:11 | 70m Hurdles | U13 Girls | 1 |
| 21 | 14:27 | 75m Hurdles | U13 Boys | 1 |
| 22 | 14:35 | 100m Hurdles | U20 Women | 1 |
| 23 | 14:45 | 110m Hurdles | U20 Men | Final |
| 24 | 14:50 | 200m | U13 Girls | 1 |
| 25 | 15:18 | 200m | U13 Boys | 1 |
| 26 | 15:40 | 70m Hurdles | U13 Girls | Semi Final |
| 27 | 15:50 | 400m | U20 Women | Final |
| 28 | 15:54 | 400m | U20 Men | Final |
| 29 | 16:00 | 1500m | U13 Girls | Timed Final |
| 30 | 16:18 | 1500m | U13 Boys | Timed Final |
| 31 | 16:36 | 200m | U13 Girls | Semi Final |
| 32 | 16:48 | 200m | U13 Boys | Semi Final |
| 33 | 16:56 | 1500m | U20 Women | Final |
| 34 | 17:04 | 1500m | U20 Men | Final |
| 35 | 17:15 | 70m Hurdles | U13 Girls | Final |
| 36 | 17:20 | 75m Hurdles | U13 Boys | Final |
| 37 | 17:25 | 100m Hurdles | U20 Women | Final |
| 38 | 17:30 | 200m | U13 Girls | Final |
| 39 | 17:35 | 200m | U13 Boys | Final |

Grangemouth Athletic Stadium, Competition Area

UKA Rule 21; The competition area is defined as the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials. At Grangemouth Stadium the Competition Area is defined as, the whole of the in-field and all lanes of the track, extending to the grass areas at track level on both bends and on the back straight, barriers placed along the home straight identify the edge of this area. Parents/coaches/spectators should remain on the banked tarmac area around the track and behind the barriers on the home straight at all times.

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|-----------------|-------|-------------|-----------|-------|
| Event No | Time | Event | Age Group | Round |
| 40 | 10:00 | Hammer | U20 Women | Final |
| 41 | 10:00 | Hammer | U20 Men | Final |
| 42 | 10:00 | High Jump | U13 Girls | Final |
| 43 | 10:00 | Long Jump | U13 Boys | Final |
| 44 | 11:30 | Shot Putt | U13 Boys | Final |
| 45 | 11:30 | Javelin | U13 Girls | Final |
| 46 | 11:30 | Triple Jump | U20 Women | Final |
| 47 | 13:00 | Long Jump | U13 Girls | Final |
| 48 | 13:00 | Shot Putt | U20 Women | Final |
| 49 | 13:00 | Shot Putt | U20 Men | Final |
| 50 | 13:00 | Discus | U13 Boys | Final |
| 51 | 14:00 | High Jump | U20 Men | Final |
| 52 | 14:00 | Shot Putt | U13 Girls | Final |
| 53 | 14:00 | Javelin | U13 Boys | Final |
| 54 | 15:00 | Triple Jump | U20 Men | Final |
| 55 | 15:30 | High Jump | U13 Boys | Final |
| 56 | 15:30 | Discus | U13 Girls | Final |
| 57 | 16:00 | Long Jump | U20 Women | Final |
| 58 | 16:30 | Discus | U20 Women | Final |
| 59 | 16:30 | Discus | U20 Men | Final |

High Jump Starting Heights: U13G 1m12; U13B 1m12

Triple Jump Available Boards: U20W 9m/11m; U20M 11m/13m

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|-----------------|-------|-----------------|-----------|------------|
| Event No | Time | Event | Age Group | Round |
| 60 | 10:00 | 400m Hurdles | U20 Men | Final |
| 61 | 10:05 | 400m Hurdles | U20 Women | 1 |
| 62 | 10:15 | 100m | U15 Girls | 1 |
| 63 | 10:45 | 100m | U15 Boys | 1 |
| 64 | 11:05 | 1500m | U15 Boys | 1 |
| 65 | 11:30 | 1500m | U15 Girls | 1 |
| 66 | 11:48 | 300m | U15 Girls | 1 |
| 67 | 12:04 | 100m | U15 Girls | Semi final |
| 68 | 12:19 | 100m | U15 Boys | Semi final |
| 69 | 12:26 | 800m | U20 Men | 1 |
| 70 | 12:38 | 800m | U15 Girls | 1 |
| 71 | 12:54 | 800m | U15 Boys | 1 |
| 72 | 13:10 | 800m | U20 Women | 1 |
| 73 | 13:18 | 2k steeplechase | U20 Men | Final |
| 74 | 13:30 | 100m | U15 Girls | Final |
| 75 | 13:34 | 100m | U15 Boys | Final |
| 76 | 13:38 | 400m Hurdles | U20 Women | Final |
| 77 | 13:43 | 75m Hurdles | U15 Girls | 1 |
| 78 | 14:00 | 300m | U15 Girls | Semi final |
| 79 | 14:08 | 300m | U15 Boys | 1 |
| 80 | 14:20 | 800m | U20 Men | Semi final |
| 81 | 14:28 | 200m | U15 Girls | 1 |
| 82 | 14:55 | 200m | U15 Boys | 1 |
| 83 | 15:15 | 200m | U20 Women | 1 |
| 84 | 15:30 | 1500m | U15 Girls | Final |
| 85 | 15:38 | 1500m | U15 Boys | Final |
| 86 | 15:50 | 75m Hurdles | U15 Girls | Semi final |
| 87 | 16:00 | 80m Hurdles | U15 Boys | 1 |
| 88 | 16:15 | 200m | U15 Girls | Semi final |
| 89 | 16:27 | 200m | U15 Boys | Semi final |
| 90 | 16:35 | 200m | U20 Women | Semi final |
| 91 | 16:43 | 200m | U20 Men | 1 |
| 92 | 16:50 | 300m | U15 Girls | Final |
| 93 | 16:58 | 300m | U15 Boys | Final |
| 94 | 17:02 | 800m | U15 Girls | Final |
| 95 | 17:06 | 800m | U15 Boys | Final |
| 96 | 17:10 | 800m | U20 Women | Final |
| 97 | 17:14 | 800m | U20 Men | Final |
| 98 | 17:20 | 80m Hurdles | U15 Boys | Final |
| 99 | 17:24 | 75m Hurdles | U15 Girls | Final |
| 100 | 17:29 | 200m | U15 Girls | Final |
| 101 | 17:33 | 200m | U15 Boys | Final |
| 102 | 17:37 | 200m | U20 Women | Final |
| 103 | 17:41 | 200m | U20 Men | Final |

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| Event No. | Time | Event | Age Group | Round |
| 104 | 10:00 | Hammer | U15 Girls | Final |
| 105 | 10:00 | Long Jump | U15 Boys | Final |
| 106 | 10:00 | High Jump | U15 Girls | Final |
| 107 | 11:00 | Pole Vault | U20 Women | Final |
| 108 | 11:00 | Pole Vault | U15 Girls | Final |
| 109 | 11:30 | Hammer | U15 Boys | Final |
| 110 | 11:30 | Long Jump | U20 Men | Final |
| 111 | 12:00 | High Jump | U15 Boys | Final |
| 112 | 13:00 | Discus | U15 Girls | Final |
| 113 | 13:00 | Javelin | U15 Boys | Final |
| 114 | 13:00 | Long Jump | U15 Girls | Final |
| 115 | 14:00 | Pole Vault | U15 Boys | Final |
| 116 | 14:00 | Pole Vault | U20 Men | Final |
| 117 | 14:00 | Shot Putt | U15 Girls | Final |
| 118 | 14:30 | Javelin | U20 Women | Final |
| 119 | 14:30 | Javelin | U20 Men | Final |
| 120 | 14:30 | Triple Jump | U15 Boys | Final |
| 121 | 15:00 | Shot Putt | U15 Boys | Final |
| 122 | 16:00 | Javelin | U15 Girls | Final |
| 123 | 16:00 | High Jump | U20 Women | Final |
| 124 | 16:30 | Discus | U15 Boys | Final |
| 125 | 16:30 | Triple Jump | U15 Girls | Final |

High Jump Starting Heights: U15G 1m26; U15B 1m32

Pole Vault Starting Heights: U15G 2m01; U15B 2m01

Triple Jump Available Boards: U15G 7m/9m; U15B 9m/11m

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