

FPSG scottishathletics District Championships and National Outdoor Open
Saturday 11th May

EAST DISTRICT
Provisional Timetable

Grangemouth Stadium
East Dist Ch TT 2019 draft 5c

Track				
Event No	Time	Event	Age Group	Round
	10.00	110m Hurdles	Sen/U20 Men Open	Final
	10.10	100m Hurdles	U17 Men	Final
	10.15	100m Hurdles	Sen/U20 Women Open	Final
	10.25	80m Hurdles	U15 Boys	Final
	10.30	80m Hurdles	U17 Women	Final
	10.35	75m Hurdles	U15 Girls	1
	10.45	75m Hurdles	U13 Boys	Final
	10.50	70m Hurdles	U13 Girls	Final
	11.00	800m	U15 Girls	1
	11.12	800m	U15 Boys	1
	11.24	800m	U17 Women	1
	11.32	800m	U17 Men	1
	11.40	75m Hurdles	U15 Girls	Final
	11.45	100m	U13 Girls	1
	11.53	100m	U13 Boys	1
	12.01	100m	U15 Girls	1
	12.13	100m	U15 Boys	1
	12.25	100m	U17 Women	1
	12.33	100m	U17 Men	1
	12.41	100m	Sen/U20 Women Open	1
	13.00	100m	Sen/U20 Men Open	1
LUNCH				
	14.00	110m Hurdles	Sen/U20 Men Open	Final
	14.05	100m Hurdles	Sen/U20 Women Open	Final
	14.10	400m	Sen/U20 Women Open	1
	14.18	400m	U17M	1
	14.22	400m	Sen/U20 Men Open	1
	14.50	300m	U15 Boys	Final
	14.54	300m	U17 Women	1
	14.02	300m	U15 Girls	1
	15.10	100m	U13 Girls	Final
	15.14	100m	U13 Boys	Final
	15.18	100m	U15 Girls	Final
	15.22	100m	U15 Boys	Final
	15.26	100m	U17 Women	Final
	15.30	100m	U17 Men	Final
	15.34	100m	Sen/U20 Women Open	B Final
	15.38	100m	Sen/U20 Women Open	A Final
	15.42	100m	Sen/U20 Men Open	B Final
	15.46	100m	Sen/U20 Men Open	A Final
	15.50	800m	U13 Girls	Timed Finals
	15.58	800m	U13 Boys	Timed Finals
	16.06	800m	U15 Girls	Final
	16.10	800m	U15 Boys	Final
	16.14	800m	U17 Women	Final
	16.18	800m	U17 Men	Final
	16.22	400m	Sen/U20 Women Open	B Final
	16.26	400m	Sen/U20 Women Open	A Final
	16.30	400m	Sen/U20 Men Open	B Final
	16.34	400m	Sen/U20 Men Open	A Final
	16.38	300m	U17 Women	Final
	16.42	300m	U15 Girls	Final

Field				
Event No	Time	Event	Age Group	Info
	10.00	Discus	U17M/W	
	10.00	Long Jump	Sen/U20 Women Open	
	10.00	Shot Put	U15G / U13G	
	10.00	High Jump	U17 Women	1m27
	11.15	Long Jump	U13G	
	11.15	Pole Vault	Sen/U20 Men Open	
	11.30	High Jump	Sen/U20 Women Open	1m37
	12.30	Long Jump	U13 Boys	
	13.00	High Jump	Sen/U20 Men Open	1m56
	13.45	Long Jump	U17W	
	14.00	Pole Vault	Sen/U20 Women Open	
	14.30	Shot Put	U17M/W	
		Shot Put	U15 Boys	
	15.00	Long Jump	U15 Girls	
		High Jump	U17 Men	1m41
	15.30	Javelin	U17M/W	
	15.30	Shot Put	U13 Boys	
	16.00	Long Jump	Sen/U20 Men Open	

District Field Events: Min 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts
Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts

Track				
Event No.	Time	Event	Age Group	Round
	10.00	400m Hurdles	Sen/U20 Men Open	1
	10.15	400m Hurdles	U17M	
	10.25	400m Hurdles	Sen/U20 Women Open	1
	10.35	300m Hurdles	U17 Women	Final
	10.50	1500m	U17 Men	1
	11.05	200m	U13 Girls	1
	11.17	200m	U13 Boys	1
	11.25	200m	U15 Girls	1
	11.35	200m	U15 Boys	1
	12.47	200m	U17 Women	1
	12.05	200m	U17 Men	1
	12.13	200m	Sen/U20 Women Open	1
	12.37	200m	Sen/U20 Men Open	1
Lunch				
	13.45	400m Hurdles	Sen/U20 Men Open	Final
	13.50	400m Hurdles	Sen/U20 Women Open	Final
	14.00	1500m	U13 Girls	Timed Finals
	14.10	1500m	U13 Boys	Timed Finals
	14.20	1500m	U17 Women	Final
	14.30	1500m	U15 Girls	Final
	14.40	1500m	U15 Boys	Final
	14.50	1500m	U17 Men	Final
	15.00	200m	U13 Girls	Final
	15.05	200m	U13 Boys	Final
	15.10	200m	U15 Girls	Final
	15.15	200m	U15 Boys	Final
	15.20	200m	U17 Women	Final
	15.25	200m	U17 Men	Final
	15.30	200m	Sen/U20 Women Open	B Final
	15.35	200m	Sen/U20 Women Open	A Final
	15.40	200m	Sen/U20 Men Open	B Final
	15.45	200m	Sen/U20 Men Open	A Final

Field				
Event No.	Time	Event	Age Group	
	10.00	Hammer	U17M/U15B/G	
	10.00	Triple Jump	U17M/W	
	10.00	Javelin	U13B / U13G	
	11.30	Pole Vault	U17M/U15B/G	
	11.30	High Jump	U15 Girls	1m19
	11.30	Triple Jump	Sen/U20 Men Open	9m/11m/13m
	13.00	High Jump	U13B / U13G	1m06
	13.00	Triple Jump	U15B / U15G	7m/9m
	13.30	Javelin	U15B / U15G	
	14.30	High Jump	U15 Boys	1m26
	14.30	Discus	U13B / U13G	
		Discus	U15B / U15G	
	14.30	Triple Jump	Sen/U20 Women Open	7m/9m/11m
	15.30	Long Jump	U17 Men	
		Long Jump	U15 Boys	
District Field Events: Min 2 warm up attempts; best 6 in each age group qualify for a further 3 attempts				
Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts				