

**2019 scottishathletics Throws Grand Prix
Timetable**

PO

Event No	Time	Event	Grading
	10.00	All seated throws	
1		Seated Discus	
2		Seated Club	
3		Seated Shot	
4		Seated Javelin	
5	10.00	Javelin	Pool 1
6	10.00	Discus	Pool 1
7	11.15	Javelin	Pool 2
8	11.15	Discus	Pool 2
9	12.30	Javelin	Pool 3
10	12.30	Discus	Pool 3
11	14.15	Hammer	Pool 1
12	14.15	Shot Put	Pool 1
13	15.00	Shot Put	Pool 2
14	14.45	Hammer	Pool 2
15	15.45	Shot Put	Pool 3
16	15.45	Hammer	Pool 3

Online Entry via www.scottishathletics.org.uk

Individual Entry £5 per event

NO ON THE DAY ENTRIES CAN BE ACCEPTED

SUPPORTING THROWING IN SCOTLAND