

# FINAL REVISED TIMETABLE

## SCOTTISH COMBINED LEAGUES

Athletes must arrive as close to their declaration time as possible, compete and then leave the facility as soon as practical at the end of their event.

### Track - 18th July

Event No	Declarations		Hurdle Warm up time	Call Up Time	Time	Event	Age Group
	Open	Close					
1	09:45	10:15	10:40	10:50	11:00	110m Hurdles	U20M/SM
2	09:55	10:25	10:50	11:00	11:10	100m Hurdles	U17M
3	10:05	10:35	11:00	11:10	11:20	100m Hurdles Ht 1	U20W/SW
					11:25	100m Hurdles Ht 2	U20W/SW
4+5	10:20	10:50	11:15	11:25	11:35	80m Hurdles	U17W
6	10:30	11:00	-	11:35	11:45	Pool 1 - 100m Ht 1	All Men
						Pool 1 - 100m Ht 2	All Men
						Pool 1 - 100m Ht 3	All Men
						Pool 1 - 100m Ht 4	All Men
						Pool 1 - 100m Ht 5	All Men
7	10:55	11:25	-	12:00	12:10	Pool 2 - 100m Ht 6	All Men
						Pool 2 - 100m Ht 7	All Men
						Pool 2 - 100m Ht 8	All Men
						Pool 2 - 100m Ht 9	All Men
						Pool 2 - 100m Ht 10	All Men
8 + 9	11:25	11:55	-	12:30	12:40	Pool 1 - 100m Ht 1	All Women
						Pool 1 - 100m Ht 2	All Women
						Pool 1 - 100m Ht 3	All Women
						Pool 1 - 100m Ht 4	All Women
						Pool 1 - 100m Ht 5	All Women
						Pool 1 - 100m Ht 6	All Women
<b>BREAK</b>							
10	12:45	13:15	-	13:50	14:00	1500m - Ht1	All Men
						1500m - Ht2	All Men
						1500m - Ht3	All Men
						1500m - Ht4	All Men
11	13:25	13:55	-	14:30	14:40	1500m - Ht1	All Women
						1500m - Ht2	All Women
						1500m - Ht3	All Women
12	13:55	14:25	-	15:00	15:10	300m - Ht 1	U17W
						300m - Ht 2	U17W
13	14:05	14:35	-	15:10	15:20	400m - Ht 1	U17M
						400m - Ht 2	U17M
14	14:20	14:50	-	15:25	15:35	400m - Ht 1	U20M/SM
						400m - Ht 2	U20M/SM
						400m - Ht 3	U20M/SM
						400m - Ht 4	U20M/SM
15	14:40	15:10	-	15:45	15:55	400m - Ht 1	U20W/SW
						400m - Ht 2	U20W/SW

Heats will run Fastest to Slowest

### Field - 18th July

Event No	Declarations		Call Up Time	Time	Event	Age Group
	Open	Close				
16	09:45	10:15	10:50	11:00	Long Jump	All
17	09:45	10:15	10:50	11:00	Javelin	U17M
18	09:45	10:15	10:50	11:00	Shot Putt	U20M/SM
19	09:45	10:15	10:50	11:00	High Jump	All
20	11:15	11:45	12:20	12:30	Triple Jump	All
21	11:15	11:45	12:20	12:30	Shot Putt	U17M
22	11:15	11:45	12:20	12:30	High Jump	U20M/SM
23	12:45	13:15	13:50	14:00	Javelin	All Women
24	12:45	13:15	13:50	14:00	High Jump	U17M
25	12:45	13:15	13:50	14:00	Pole Vault	All
26	13:15	13:45	14:20	14:30	Long Jump	All
27	14:00	14:30	15:05	15:15	Javelin	U20M/SM
28	14:00	14:30	15:05	15:15	Shot Putt	All