

Timetable Match 1
15th April 2023
Grangemouth

REVISED

TRACK

11:00am	110m Hurdles	U20 /Sen Men
11:10am	100m Hurdles	U17M
11:20am	100 Hurdles	Senior / U20 W
11:25am	80m Hurdles	U17W
11:40pm	800m	Senior/U20/U17 Men
12:00pm	800m	Senior/U20/U17 Women
12:45pm	100m - Pool 1	Senior/U20/U17 Men
13:10pm	100m - Pool 2	Senior/U20/U17 Men
13:35 pm	LUNCH BREAK	
14:00pm	100m - Pool 1	Senior/U20/U17 Women
14:25pm	100m - Pool 2	Senior/U20/U17 Women
14:35pm	300m	U17 Women
14:55pm	400m	U17 Men
15:10pm	400m	U20/Senior Women
15:20pm	400m	U20/Senior Men
15:40pm	4x100m	All Men
15:50pm	4x100m	All Women
16:00pm	3000m	All Women
16:15pm	5000m	U20/Sen Men
16:35pm	1500m SC	U17 Men

FIELD

11:00am	Long Jump	U17 Men
	Discus	U17 Men
	Shot	U20/Sen Men
	High Jump	All Women
12:30pm	Long Jump	U17 Women Pool 1
	Shot	U17 Men
	Discus	All Women
14:00pm	Shot	U17 Women
	High Jump	All Men
	** Long Jump	U20/Sen Women
	** Long Jump	U17 Women Pool 2
15:15pm	Discus	U20/Sen Men
	Shot	U20/Sen Women
	Long Jump	U20/Sen Men

NOTE: ** These two long jumps will go as one event