DIVISION 2 & 3 – Match 2 Grangemouth Sunday 9th June 2024

| TRACK | | | | |
|-------|--------------|----------------|-------|----------|
| TIME | DIVISION | AGE GROUP | EVENT | NOTES |
| 11.30 | Div 2 / 3 | Under 13 Girls | 70mH | A then B |
| 11:38 | Div 2 / 3 | Under 15 Girls | 75mH | A then B |
| 11:46 | Div 2 / 3 | Under 13 Boys | 75mH | A then B |
| 11:54 | Div 2 / 3 | Under 17 Women | 80mH | A then B |
| 12:02 | Div 2 / 3 | Under 15 Boys | 80mH | A then B |
| 12:10 | Div 2 / 3 | Under 17 Men | 100mH | A then B |
| 12:18 | Div 2 / 3 | Senior Women | 100mH | A then B |
| 12:24 | Div 2 / 3 | Senior Men | 110mH | A then B |
| 12.35 | Div 2 then 3 | Under 11 Girls | 150m | A then B |
| 12:42 | Div 2 then 3 | Under 11 Boys | 150m | A then B |
| 12.50 | Div 2 then 3 | Under 13 Girls | 200m | A then B |
| 12:57 | Div 2 then 3 | Under 13 Boys | 200m | A then B |
| 13:04 | Div 2 then 3 | Under 15 Girls | 200m | A then B |
| 13:11 | Div 2 then 3 | Under 15 Boys | 200m | A then B |
| 13.20 | Div 2 then 3 | Under 17 Women | 200m | A then B |
| 13:27 | Div 2 then 3 | Under 17 Men | 200m | A then B |
| 13:34 | Div 2 then 3 | Senior Women | 200m | A then B |
| 13.41 | Div 2 then 3 | Senior Men | 200m | A then B |
| 13:48 | Div 2 then 3 | Masters Women | 200m | A then B |
| 13:55 | Div 2 then 3 | Masters Men | 200m | A then B |
| | | Break | | |
| 14.10 | Div 2 then 3 | Under 11 Girls | 600m | A & B |
| 14:20 | Div 2 then 3 | Under 11 Boys | 600m | A & B |
| 14.30 | Div 2 then 3 | Under 13 Girls | 1200m | A & B |
| 14:40 | Div 2 then 3 | Under 13 Boys | 1500m | A & B |
| 14:50 | Div 2 then 3 | Under 15 Girls | 1500m | A & B |
| 15:00 | Div 2 then 3 | Under 15 Boys | 1500m | A & B |
| 15.10 | Div 2 then 3 | Under 17 Women | 1500m | A & B |
| 15:20 | Div 2 then 3 | Under 17 Men | 1500m | A & B |
| 15:30 | Div 2 then 3 | Senior Women | 1500m | A & B |
| 15:40 | Div 2 then 3 | Masters Women | 1500m | A & B |
| 15:50 | Div 2 then 3 | Senior Men | 1500m | A & B |
| 16:00 | Div 2 then 3 | Masters Men | 1500m | A & B |
| | T | T | Г | Г |
| 16:40 | | | | |

| FIELD | | | | | |
|-------|-----------|----------------|-----------|--|--|
| TIME | DIVISION | AGE GROUP | EVENT | | |
| 11:30 | Div 2 / 3 | Under 11 Boys | Long Jump | | |
| | Div 2 / 3 | Under 15 Girls | Long Jump | | |
| | Div 2 / 3 | Under 13 Boys | Javelin | | |
| | Div 2 / 3 | Under 17 | Discus | | |
| 13:00 | Div 2 / 3 | Under 11 Girls | Long Jump | | |
| | Div 2 / 3 | Under 13 Boys | Shot Put | | |
| | Div 2 / 3 | Under 13 Girls | Javelin | | |
| | Div 2 / 3 | Senior Women | Discus | | |
| | Div 2 / 3 | Under 15 Boys | High Jump | | |
| 14:30 | Div 2 / 3 | Under 15 Boys | Long Jump | | |
| | Div 2 / 3 | Under 17 Men | Long Jump | | |
| | Div 2 / 3 | Senior Men | Shot Put | | |
| | Div 2 / 3 | Under 17 | Javelin | | |
| | Div 2 / 3 | Under 15 Girls | High Jump | | |
| 15:30 | Div 2 / 3 | Senior Women | Long Jump | | |
| | Div 2 / 3 | Senior Men | Long Jump | | |
| | Div 2 / 3 | Under 13 Girls | Shot Put | | |
| | Div 2 / 3 | Under 17 Men | Javelin | | |