

# REVISED TIMETABLE

## SCOTTISH NATIONAL ATHLETIC LEAGUE

**Declarations will close at the designated time. Heats will run fastest to slowest.**

### Track - 30th June 2024

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:00	10:50	11:00	110m Hurdles	U20M/SM
2	10:00	10:50	11:00	100m Hurdles	U17M
3	10:10	11:00	11:10	100m Hurdles	U20W/SW
4	10:25	11:15	11:25	80m Hurdles	U17W
5	10:40	11:30	11:40	800m	All Men
6	11:15	12:05	12:15	800m	All Women
7	11:40	12:30	12:40	100m - Pool 1	All Men
8	12:00	13:00	13:10	100m - Pool 2	All Men

### LUNCH BREAK - 35 mins

9	13:05	13:55	14:05	100m - Pool 1	All Women
10	13:15	14:15	14:25	100m - Pool 2	All Women
11	13:45	14:35	14:45	1500m	All Women
12	14:05	14:55	15:05	1500m	All Men
14	14:25	15:15	15:25	300m	U17W
15	14:50	15:40	15:50	400m	U17M
16	15:05	15:55	16:05	400m	U20W/SW
17	15:15	16:05	16:15	400m	U20M/SM
18	15:35	16:25	16:35	2000mSC	All Women

**Heats will run Fastest to Slowest**

### Field - 30th June 2024

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
19	10:00	10:40	11:00	Long Jump	U17W
20	10:00	10:40	11:00	Hammer	All Women
21	10:00	10:40	11:00	Shot	U20M/SM
22	10:00	10:40	11:00	High Jump	U20M/SM
23	11:30	12:10	12:30	Long Jump	U20W/SW
24	11:30	12:10	12:30	Shot	U17W
25	11:30	12:10	12:30	High Jump	U17M
26	11:30	12:10	12:30	Hammer	All Men
27	13:00	13:40	14:00	Long Jump	U17M
28	13:00	13:40	14:00	Discus	All Women
29	13:00	13:40	14:00	Shot	U17M
30	13:00	13:40	14:00	High Jump	U20W/SW
31	14:15	14:55	15:15	Discus	All Men
32	14:15	14:55	15:15	Shot	U20W/SW
33	14:15	14:55	15:15	Long Jump	U20M/SM
34	14:15	14:55	15:15	High Jump	U17W

**Field event athletes should report direct to their event no later than the designated Call Up Time**