

**Timetable Match 2****Grangemouth****TRACK**

11:00am	400m Hurdles	All Men
11:10am	400m Hurdles	Sen/U20/U18 Women
11:20am	400m Hurdles	U20/Sen Women
11:25am	400m Hurdles	U18 Women
11:40am	200m	Senior/U20/U18 Men
12:15pm	200m	Senior/U20/U18 W
12:50pm	800m	All Men
13:10pm	800m	All Women
13:30pm		<b>LUNCH</b>
14:00pm	110m Hurdles	U20/Sen Men
14:10pm	110m Hurdles	U18 Men
14:20pm	100m Hurdles	U20/Sen Women
14:30pm	100m Hurdles	U18 Women
14:40pm	400m	U18/U20/Sen Men
15:00pm	400m	U18/U20/Sen Women
15:20pm	Mile	Senior/U20/U18 Men
15:30pm	Mile	Senior/U20/U18 Women
15:40pm	100m	Senior/U20/U18 Men
16:15pm	100m	Senior/U20/U18 Women

**FIELD**

11:00am	Long Jump	Mixed M/F
	Discus	All Women
	Shot	U20/Sen Men
	High Jump	All Men
12:30pm	Discus	Men
	Long Jump	Women
	Shot	U18 Women
14:00pm	Long Jump	Men
	Shot	U18 Men
	Hammer	All Women
14:45pm	High Jump	All Women
15:15pm	Shot	U20/Sen Women
	Triple Jump	Mixed M/F
	Hammer	All Men