

Match 5 - Grangemouth

TRACK

11:00am 110m Hurdles U20 /Sen Men
 11:10am 100m Hurdles U17M
 11:20am 100 Hurdles Senior / U20 W
 11:30am 80m Hurdles U17W

11:40pm 800m Senior/U20/U17 Men
 Senior/U20/U17 Men
 Senior/U20/U17 Men
 Senior/U20/U17 Men
 Senior/U20/U17 Men

12:05pm 800m Senior/U20/U17 Women
 Senior/U20/U17 Women
 Senior/U20/U17 Women
 Senior/U20/U17 Women
 Senior/U20/U17 Women

12:40pm 100m - Pool 1 Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
 100m Senior/U20/U17 Men
LUNCH

13:45pm 100m - Pool 2 Senior/U20/U17 Women
 100m Senior/U20/U17 Women
 100m Senior/U20/U17 Women
 100m Senior/U20/U17 Women
 100m Senior/U20/U17 Women
 100m Senior/U20/U17 Women
 100m Senior/U20/U17 Women

14:20pm 300m U17 W
 14:25pm 300m U17 W
 14:35pm 400m U17 M
 400m Sen/U20 Men
 400m Sen/U20 Men
 400m Sen/U20 Men
 400m Sen/U20 Men
 400m Sen/U20 Men
 400m U20W/SW
 400m U20W/SW
 400m U20W/SW

15:20pm 1500m SC U17 Men
 15:35pm 3000m SC Men

15:55pm Medley Relay Men 200/200/400/800
 16:05pm Medley Relay Men
 16:15pm Medley Relay Women
 16:25pm Medley Relay Women

FIELD

11:00am Long Jump U17 Women
 Javelin All Men
 Shot U20/Sen Men
 High Jump U20/Sen Women

12:30pm Long Jump U20/Sen Men
 Shot U17 Men
 High Jump U20/Sen Men
 Javelin All Women

14:00pm Discus All Women
 Shot U17 Women
 High Jump U17 Men
 Long Jump U20/Sen Women

15:15pm Discus All Women
 Shot U20/Sen Women
 Long Jump U17 Men
 High Jump U17 Women