

Timetable Match 1			Grangemouth		
TRACK			FIELD		
11:00am	110m Hurdles	U20/Sen Men	11:00am	Triple Jump	All Men
11:10am	110m Hurdles	U18 Men		Discus	All Women
11:20am	100m Hurdles	Senior/U20 W		Shot	U18 Men
11:25am	100m Hurdles	U18 Women		High Jump	U18 Men
11:45am	3000m	Senior/U20/U18 Men			
12:00pm	200m	Senior/U20/U18 Men	12:30pm	Discus	All Men
	200m	Senior/U20/U18 Men		Long Jump	All Women
	200m	Senior/U20/U18 Men		Shot	U18 Women
	200m	Senior/U20/U18 Men		High Jump	U20/Sen Men
	200m	Senior/U20/U18 Men			
	200m	Senior/U20/U18 Men	14:00pm	Long Jump	All Men
12:15pm	200m	Senior/U20/U18 Men		Shot	U20/Sen Men
	200m	Senior/U20/U18 Men		Javelin	All Women
	200m	Senior/U20/U18 Men		High Jump	U18 Women
12:30pm	200m	Senior/U20/U18 W			
	200m	Senior/U20/U18 W	14:30pm	Pole Vault	Male/Female
	200m	Senior/U20/U18 W			
	200m	Senior/U20/U18 W	15:15pm	Shot	U20/Sen Women
	200m	Senior/U20/U18 W		Triple Jump	All Women
	200m	Senior/U20/U18 W		Javelin	All Men
	200m	Senior/U20/U18 W		High Jump	U20/Sen Women
	200m	Senior/U20/U18 W			
13:00pm	800m	All Men			
	800m	All Men			
	800m	All Men			
	800m	All Men			
13:15pm	800m	All Women			
	800m	All Women			
	800m	All Women			
13:25pm		LUNCH			
14:00pm	2000m SC	All Women			
14:15pm	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
	400m	U18/U20/Senior Men			
14:45pm	400m	U18/U20/Senior Women			
	400m	U18/U20/Senior Women			
	400m	U18/U20/Senior Women			
	400m	U18/U20/Senior Women			
	400m	U18/U20/Senior Women			
	400m	U18/U20/Senior Women			
15:10pm	Mile	Senior/U20/U18 Men			

