

SCOTTISH ATHLETICS INDOOR LEAGUE

Straight Track

Event #	Time	Event	Age	Gender	Heats
1	14:00	60m	U14	Girls	2
2	14:05	60m	U14	Boys	2
3	14:10	60m	U16	Girls	2
4	14:15	60m	U16	Boys	2
5	14:20	60m	U18	Women	2
6	14:25	60m	U18	Men	2
7	14:35	60m	U12	Girls A	2
8	14:40	60m	U12	Girls B	2
9	14:45	60m	U12	Boys A	2
10	14:50	60m	U12	Boys B	2
11	15:05	60m H	U14	Girls	2
12	15:15	60m H	U14	Boys	2
13	15:25	60m H	U16	Girls	2
14	15:35	60m H	U16	Boys	2
15	15:45	60m H	U18	Women	2
16	15:55	60m H	U18	Men	2

Circular Track

Event #	Time	Event	Age	Gender	Heats
1	14:00	600m	U12	Girls	2
2	14:10	600m	U12	Boys	2
3	14:20	800m	U14	Girls	3
4	14:35	800m	U14	Boys	3
5	14:50	800m	U16	Girls	3
6	15:05	800m	U16	Boys	3
7	15:20	800m	U18	Women	3
8	15:35	800m	U18	Men	3
9	15:50	200m	U14	Girls	3
10	16:00	200m	U14	Boys	2
11	16:10	200m	U16	Girls	3
12	16:20	200m	U16	Boys	3
13	16:35	200m	U18	Women	3
14	16:45	200m	U18	Men	3
15	16:55	300m	U16	Women	3
16	17:10	300m	U18	Girls	3
17	17:25	400m	U16	Boys	3
18	17:35	400m	U18	Men	3

THE FIELD EVENTS WILL BE ORGANISED ON A CONTINUOUS BASIS (Starting at 2.00p.m.)

All times are approx. Please watch out for the conclusion of the previous event and go promptly to the site.

****To maximize time and allow all events to be included:-** No Warm Up for Shot for U14 and U16, one for all other events
 High Jumpers are asked to measure run up as quickly as possible and then choose one warm up height. U12s Long Jump will be measured from take-off as at Super Teams.

Time	Event	Age Group	Info	Position
14:00	High Jump	U14 Boys and Girls	S. Height. 1.05m	Mat at 60m Finish
14:00	High Jump	U18M	S.H. 1.25m	Mat at 60m Start
14:00	Long Jump	U16 Boys		Main Arena
14:00	Long Jump	U14 Boys		Warm Up Pit
14:00	Shot Put	U18W		
14:45	Shot Put	U14 Boys		
14:45	Long Jump	U16 Girls		Main Arena
14:45	Long Jump	U14 Girls		Warm Up Pit
15:15	Shot Put	U16 Boys		
15:30	Long Jump	U12 Girls	As for Superteams	Warm Up Area
15:45	Long Jump	U18 M		Main Arena
15:45	Shot Put	U14 Girls		
15:30	High Jump	U16 Boys and Girls	S. Height. 1.15m	Mat at 60m Start
16:00	High Jump	U18W	S.H. 1.25m	Mat at 60m Finish
16:15	Shot Put	U16 Girls		
16:30	Long Jump	U18W		Main Arena
16:30	Long Jump	U12 Boys	As for Superteams	Warm Up Area
17:00	Shot Put	U18M		