

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

11:00am	400m Hurdles	U20/Sen Men
11:10am	400m Hurdles	U18 Men
11:20am	400m Hurdles	Senior/U20 W
11:25am	400m Hurdles	U18 Women
11:40am	200m	Senior/U20/U18 Men
12:15pm	200m	Senior/U20/U18 W
13:00pm	800m	All Men
13:15pm	800m	All Women
13:25pm		LUNCH
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
15:25pm	Mile	Senior/U20/U18 Men
15:40pm	Mile	Senior/U20/U18 Women
15:55pm	100m	Senior/U20/U18 Men
16:30pm	100m	Senior/U20/U18 Women

FIELD

11:00am	Long Jump	Mixed
	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
	High Jump	All Women
15:15pm	Shot	U20/Sen Women
	Triple Jump	Mixed
	Hammer	All Men