

| Pool 1 | | Pool 2 | | Pool 9 | | Pool 10 | |
|------------------------|--------|-------------------|---------|---------------------------|---------|-------------------|---------|
| Airdrie Harriers | Boys A | Airdrie Harriers | Girls D | Airdrie Harriers | Girls C | East Kilbride AC | Girls B |
| Corstorphine AAC | Boys A | Corstorphine AAC | Girls A | Ayr Seaforth AC | Girls A | Giffnock North AC | Girls A |
| Giffnock North AC | Boys B | East Kilbride AC | Girls A | Corstorphine AAC | Girls B | Harmeny AC | Girls C |
| Hamilton & District AC | Boys A | Harmeny AC | Girls B | Falkirk Victoria Harriers | Girls A | Inverclyde AC | Girls A |
| Kilbarchan AAC | Boys C | Livingston AC | Girls A | Livingston AC | Girls B | Kilbarchan AAC | Girls C |
| Kilbarchan AAC | Boys A | North Ayrshire AC | Girls A | Perth Strathtay Harriers | Girls B | Kilmarnock HAC | Girls A |
| Livingston AC | Boys B | Pitreavie AAC | Girls B | Springburn Harriers | Girls A | North Ayrshire AC | Girls B |
| Shettleston Harriers | Boys B | Whitemoss AAC | Girls A | VP-Glasgow AC | Girls C | Pitreavie AAC | Girls A |
| VP-Glasgow AC | Boys B | | | | | | |

| Pool 3 | | Pool 4 | | Pool 11 | | Pool 12 | |
|---------------------------|---------|-------------------|--------|------------------------|---------|---------------------------|---------|
| Ayr Seaforth AC | Girls B | Ayr Seaforth AC | Boys A | Arbroath & District AC | Girls B | Hamilton & District AC | Girls A |
| Central AC | Girls A | Cumbernauld AAC | Boys B | Central AC | Girls B | Kilbarchan AAC | Girls B |
| Cumbernauld AAC | Girls B | Harmeny AC | Boys B | Cumbernauld AAC | Girls A | Law & District AC | Girls A |
| Giffnock North AC | Girls B | Kilmarnock HAC | Boys A | Hamilton & District AC | Girls B | Musselburgh & District AC | Girls B |
| Harmeny AC | Girls A | Law & District AC | Boys A | Kilbarchan AAC | Girls A | Peterhead AC | Girls B |
| Musselburgh & District AC | Girls A | North Ayrshire AC | Boys B | VP-Glasgow AC | Girls F | Shettleston Harriers | Girls B |
| VP-Glasgow AC | Girls A | Pitreavie AAC | Boys B | West Dunbartonshire AC | Girls A | VP-Glasgow AC | Girls E |
| Annan & District AC | Girls B | VP-Glasgow AC | Boys A | | | Whitemoss AAC | Girls B |

| Pool 5 | | Pool 6 | | Pool 13 | | Pool 14 | |
|---------------------------|--------|---------------------------|--------|---------------------------|--------|---------------------|---------|
| Corstorphine AAC | Boys B | Ayr Seaforth AC | Boys B | Arbroath & District AC | Boys A | Annan & District AC | Girls A |
| Cumbernauld AAC | Boys A | Falkirk Victoria Harriers | Boys A | Dunfermline T & F Club | Boys A | Campbeltown RC | Girls A |
| East Kilbride AC | Boys A | Harmeny AC | Boys C | Haddington RC | Boys A | Haddington RC | Girls B |
| Falkirk Victoria Harriers | Boys B | Larkhall YMCA Harriers | Boys A | Kilbarchan AAC | Boys B | Law & District AC | Girls B |
| Giffnock North AC | Boys A | Musselburgh & District AC | Boys A | Musselburgh & District AC | Boys B | Mid Argyll AC | Girls A |
| Inverclyde AC | Boys A | North Ayrshire AC | Boys A | Nithsdale AC | Boys A | Mid Argyll AC | Girls B |
| Law & District AAC | Boys B | Springburn Harriers | Boys A | Perth Strathtay Harriers | Boys A | Nairn AAAC | Girls A |
| VP-Glasgow AC | Boys F | VP-Glasgow AC | Boys C | VP-Glasgow AC | Boys D | Peterhead AC | Girls A |
| West Dunbartonshire AC | Boys A | Whitemoss AAC | Boys A | | | VP-Glasgow AC | Girls D |

| Pool 7 | | Pool 8 | | Pool 15 | | Pool 16 | |
|----------------------|--------|------------------------|---------|------------------------|--------|--------------------------|---------|
| Central AC | Boys A | Airdrie Harriers | Girls A | Arbroath & District AC | Boys B | Airdrie Harriers | Girls B |
| Corstorphine AAC | Boys C | Dunfermline T & F Club | Girls A | Dunfermline T & F Club | Boys B | Annan & District AC | Girls B |
| East Kilbride AC | Boys B | Gala Harriers | Girls A | Gala Harriers | Boys A | Arbroath & District AC | Girls A |
| Harmeny AC | Boys A | Kilbarchan AAC | Girls D | Haddington RC | Boys B | Dunfermline T & F Club | Girls B |
| Inverclyde AC | Boys B | North Uist AAC | Girls A | Nairn AAAC | Boys A | Haddington RC | Girls A |
| Livingston AC | Boys A | Shettleston Harriers | Girls A | North Uist AAC | Boys A | Larkhall YMCA Harriers | Girls A |
| Pitreavie AAC | Boys A | Springburn Harriers | Girls B | Peterhead AC | Boys A | Nithsdale AC | Girls A |
| Shettleston Harriers | Boys A | Kilmarnock HAC | Girls B | VP-Glasgow AC | Boys E | Perth Strathtay Harriers | Girls A |
| Kilmarnock HAC | Boys B | | | | | VP-Glasgow AC | Girls B |