

# FPSG scottishathletics North District Track & Field Championships & National Outdoor Open

10-11 May 2019

Queens Park Stadium Inverness

## Track Events

## Field Events

### FRIDAY

18:00	200m Heats
18:20	U20/Senior 200m Race 1
18:40	3000m Finals
19:00	1500m Finals
19:50	200m Finals
20:00	U20/Senior 200m Race 2

17:30	Pole Vault
18:00	Triple Jump
18:45	Hammer

### SATURDAY

09:45	400m Hurdles Finals
10:00	300m Hurdles Finals
10:10	100m Heats
10:25	U20/Senior 100m Race 1
11:08	300m Finals
11:15	400m Finals
11:20	U17M 800m Heats
11:50	5000m Finals
13:30	Sprint Hurdles Finals
14:10	800m Finals
15:00	100m Finals
15:10	U20/Senior 100m Race 2

09:30	U15 Boys Long Jump
	U13 Girls Javelin (400g)
	U13 Boys Javelin (400g)
	U15 Girls Long Jump
	U13 Boys High Jump
10:45	U20 Women Javelin (600g)
	U17 Women Javelin (500g)
	Senior Women Javelin (600g)
	U17 Men Javelin (700g)
11:30	U17 Men High Jump
	Senior Men High Jump
	U13 Girls Shot Putt (2.72kg)
	U20 Women High Jump
	U13 Boys Shot Putt (3.00kg)
12:30	U20 Women Shot Putt (4.00kg)
	U15 Boys Javelin (600g)
	U13 Girls Long Jump
	U17 Women Shot Putt (3.00kg)
	Senior Women Shot Putt (4.00kg)
13:30	U15 Girls Javelin (500g)
	Senior Men Shot Putt (7.26kg)
	U17 Women Discus (1.00kg)
	U17 Men Shot Putt (5.00kg)
	U13 Boys Long Jump
14:00	Senior Women Discus (1.00kg)
	U20 Men Shot Putt (6.00kg)
	U13 Girls High Jump
14:15	U15 Boys High Jump
	U15 Girls High Jump
	U20 Men Discus (1.75kg)
15:00	U17 Men Discus (1.5kg)
	Senior Men Discus (2.00kg)
	U20 Women Long Jump
	Senior Men Long Jump
	U17 Women Long Jump
	U15 Boys Shot Putt (4.00kg)
	Senior Women Long Jump
U20 Men Long Jump	
15:30	U17 Men Long Jump
	U15 Girls Shot Putt (3.00kg)
	U13 Girls Discus (0.75kg)
	U15 Boys Discus (1.25kg)
	U15 Girls Discus (1.00kg)
U13 Boys Discus (1.00kg)	

