

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.				
Track				
Event No	Time	Event	Age Group	Round
1	10.00	110m Hurdles	U20 Men Open	1
2	10.05	100m Hurdles	U17 Men	Final
3	10.10	100m Hurdles	Sen/U20 Women Open	Final
4	10.20	80m Hurdles	U15 Boys	Final
5	10.25	80m Hurdles	U17 Women	Final
6	10.30	75m Hurdles	U15 Girls	1
7	10.40	75m Hurdles	U13 Boys	Final
8	10.45	70m Hurdles	U13 Girls	Final
9	10.55	800m	U15 Girls	Final
10	10.59	800m	U15 Boys	1
11	11.07	800m	U17 Women	1
12	11.15	800m	U17 Men	1
13	11.20	75m Hurdles	U15 Girls	Final
14	11.30	100m	U13 Girls	1
15	11.46	100m	U13 Boys	1
16	11.58	100m	U15 Girls	1
17	12.10	100m	U15 Boys	1
18	12.18	100m	U17 Women	1
19	12.26	100m	U17 Men	1
20	12.34	100m	Sen/U20 Women Open	1
21	12.50	100m	Sen/U20 Men Open	1
LUNCH				
22	13.45	110m Hurdles	U20 Men Open	Final
23	13.50	100m Hurdles	Sen/U20 Women Open	B Final
23	13.54	100m Hurdles	Sen/U20 Women Open	A Final
24	14.00	800m	U15 Boys	Final
25	14.04	800m	U17 Women	Final
26	14.08	800m	U17 Men	Final
27	14.12	400m	Sen/U20 Women Open	1
28	14.24	400m	U17 Men	Final
29	14.28	400m	Sen/U20 Men Open	1
30	14.44	300m	U15 Boys	1
31	14.52	300m	U17 Women	1
32	15.00	300m	U15 Girls	1
33	15.08	100m	U13 Girls	Final
34	15.12	100m	U13 Boys	Final
35	15.16	100m	U15 Girls	Final
36	15.20	100m	U15 Boys	Final
37	15.24	100m	U17 Women	Final
38	15.28	100m	U17 Men	Final
39	15.32	100m	Sen/U20 Women Open	D Final
39	15.36	100m	Sen/U20 Women Open	C Final
39	15.40	100m	Sen/U20 Women Open	B Final
39	15.44	100m	Sen/U20 Women Open	A Final
40	15.48	100m	Sen/U20 Men Open	D Final
40	15.52	100m	Sen/U20 Men Open	C Final
40	15.56	100m	Sen/U20 Men Open	B Final
40	16.00	100m	Sen/U20 Men Open	A Final
41	16.04	800m	U13 Girls	Timed Finals
42	16.12	800m	U13 Boys	Timed Finals
43	16.20	300m	U15 Boys	Final
44	16.24	300m	U17 Women	Final
45	16.28	300m	U15 Girls	Final
46	16.32	400m	Sen/U20 Women Open	C Final
46	16.36	400m	Sen/U20 Women Open	B Final
46	16.40	400m	Sen/U20 Women Open	A Final
47	16.44	400m	Sen/U20 Men Open	D Final
47	16.48	400m	Sen/U20 Men Open	C Final
47	16.52	400m	Sen/U20 Men Open	B Final
47	16.58	400m	Sen/U20 Men Open	A Final
If heats are not required FINALS will go at HEAT time.				

Saturday 11th May

FPSG scottishathletics District Championships and National Outdoor Open
EAST DISTRICT
Final Timetable

Grangemouth Stadium
2019 ED TT FINAL 1
REVISED 04.05.19

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.				
Field				
Event No	Time	Event	Age Group	Info
48	10.00	Discus	U17 Men / U17 Women	
49	10.00	Long Jump	Sen/U20 Women Open	
50	10.00	Shot Put	U15 Girls / U13 Girls	
51	11.00	High Jump	Sen/U20 Women Open U17 Women	1m37 1m27
52	11.00	Long Jump	U13 Girls	
53	12.30	Pole Vault	U20 Men/Women Open	2m00
54	12.30	Long Jump	U13 Boys	
55	13.00	High Jump	Sen/U20 Men Open U17 Men	1m56 1m41
56	13.30	Long Jump	U17 Women	
57	14.30	Long Jump	U15 Girls	
58	14.30	Shot Put	U17 Men / U17 Women	
59	15.30	Long Jump	Sen/U20 Men Open	
60	15.30	Javelin	U17 Men / U17 Women	
61	15.30	Shot Put	U13 Boys / U15 Boys	

District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts
Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Track				
Event No.	Time	Event	Age Group	Round
62	10.00	400m Hurdles	U20 Men Open	1
62		400m Hurdles	U17 Men	Final
63	10.05	400m Hurdles	Sen/U20 Women Open	1
64	10.10	300m Hurdles	U17 Women	Final
65	10.20	1500m	U15 Girls	1
66	10.40	1500m	U15 Boys	1
67	11.00	200m	U13 Girls	1
68	11.15	200m	U13 Boys	1
69	11.25	200m	U15 Girls	1
70	11.37	200m	U15 Boys	1
71	11.45	200m	U17 Men	1
72	11.53	200m	Sen/U20 Women Open	1
73	12.05	200m	Sen/U20 Men Open	1
Lunch				
74	13.10	400m Hurdles	U20 Men Open	Final
75		400m Hurdles	Sen/U20 Women Open	Final
76	13.20	1500m	U13 Girls	Timed Finals
77	13.30	1500m	U13 Boys	Timed Finals
78	13.40	1500m	U17 Women	Final
79	13.50	1500m	U15 Girls	Final
80	14.10	1500m	U15 Boys	Final
81	14.20	1500m	U17 Men	Final
82	14.25	200m	U13 Girls	Final
83	14.30	200m	U13 Boys	Final
84	14.35	200m	U15 Girls	Final
85	14.40	200m	U15 Boys	Final
86	14.45	200m	U17 Women	Final
87	14.50	200m	U17 Men	Final
88	14.54	200m	Sen/U20 Women Open	D Final
88	14.58	200m	Sen/U20 Women Open	C Final
88	15.02	200m	Sen/U20 Women Open	B Final
88	15.06	200m	Sen/U20 Women Open	A Final
89	15.10	200m	Sen/U20 Men Open	E Final
89	15.14	200m	Sen/U20 Men Open	D Final
89	15.18	200m	Sen/U20 Men Open	C Final
89	15.22	200m	Sen/U20 Men Open	B Final
89	15.26	200m	Sen/U20 Men Open	A Final
If heats are not required FINALS will go at HEAT time.				

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Field				
Event No.	Time	Event	Age Group	
90	10.00	Javelin	U13 Boys / U13 Girls	
91	10.30	Hammer	U17 Men / U17 Women U15 Boys / U15 Girls	
92	11.30	High Jump	U15 Girls	1m19
93	11.30	Triple Jump	Sen/U20 Men Open	9m/11m/13m
93		Triple Jump	Sen/U20 Women Open	7m/9m/11m
93		Triple Jump	U17 Men / U17 Women	
94	12.00	Pole Vault	U17 Men / U17 Women U15 Boys / U15 Girls	2m00
95	13.00	High Jump	U13 Boys / U13 Girls	1m06
96	13.30	Triple Jump	U15 Boys / U15 Girls	7m/9m
97	13.30	Javelin	U15 Boys / U15 Girls	
98	14.30	High Jump	U15 Boys	1m26
99	14.30	Discus	U13 Boys / U13 Girls	
99		Discus	U15 Boys / U15 Girls	
100	14.30	Long Jump	U17 Men	
100		Long Jump	U15 Boys	

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 Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts