

**2021 scottishathletics Throws Grand Prix**

DRAFT Timetable  
Saturday 29<sup>th</sup> May, Livingston

Event No	Time	Event	Grading
	1000	All seated throws	
1		Seated Discus	
2		Seated Club	
3		Seated Shot	
4		Seated Javelin	
5	10.00	Javelin	Pool 1
6	10.00	Discus	Pool 1
7	11.30	Javelin	Pool 2
8	11.30	Discus	Pool 2
9	12.45	Javelin	Pool 3
10	12.45	Discus	Pool 3
11	14.15	Shot Put	Pool 1
12	14.30	Hammer	Pool 1
13	15.30	Shot Put	Pool 2
14	15.30	Hammer	Pool 2
15	16.15	Shot Put	Pool 3
16	16.30	Hammer	Pool 3

Online Entry via a [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

Entries close 7 Days prior to the event

**NO ON THE DAY ENTRIES CAN BE ACCEPTED**