

Sunday 24th July 2022

scottishathletics
Throws Grand Prix
Final Timetable

ON-X, Linwood

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

Throws

Event No	Time	Event	Pool
F2	10.00	Discus	1
F3	10.00	Javelin	2
F4	11.30	Discus	2
F1	11.30	Javelin	1

LUNCH

F8	13.30	Hammer	2
F5	13.30	Shot Put	1
F6	15.00	Hammer	1
F5	15.00	Shot Put	2

All athletes will be given 1 Warm up and 5 Competition Trials