

4J Studios scottishathletics North District Track & Field Championships and National Outdoor Open

Friday

18:00	1	U13 Girls 200m (Heat 1)
	2	U13 Girls 200m (Heat 2)
	3	U13 Girls 200m (Heat 3)
	4	U13 Boys 200m (Heat 1)
	5	U13 Boys 200m (Heat 2)
	6	U15 Boys 200m (Heat 1)
	7	U15 Boys 200m (Heat 2)
	8	Senior Men 200m (Race 1)
	9	Senior Women 200m (Race 1)
18:55	10	U13 Girls 800m (Final)
	11	U13 Boys 800m (Final)
	12	U15 Girls 800m (Final)
	13	U15 Boys 800m (Final)
	14	U17 Women 800m (Final)
	15	U17 Men 800m (Final)
	16	U20 Women 800m (Final)
	17	Senior Women 800m (Final)
	18	Senior Men 800m (Final)
19:35	19	U13 Boys 200m (Final)
	20	U13 Girls 200m (Final)
	21	U15 Girls 200m (Final)
	22	U15 Boys 200m (Final)
	23	U17 Women 200m (Final)
	24	U17 Men 200m (Final)
	25	U20 Women 200m
	26	U20 Men 200m
	30	Senior Men 200m (Race 2)
	31	Senior Women 200m (Race 2)

18:00	100	U20 Women Discus (1.00kg)
	101	Senior Women Discus (1.00kg)
	102	U20 Men Discus (1.75kg)
	103	Senior Men Discus (2.00kg)
	104	U15 Girls Triple Jump
	105	U17 Women Triple Jump
	106	U20 Women Triple Jump
	107	Senior Women Triple Jump
	108	U15 Boys Triple Jump
	109	U17 Men Triple Jump
	110	U20 Men Triple Jump
	111	Senior Men Triple Jump
19:00	112	U15 Girls Hammer (3.00kg)
	113	U17 Women Hammer (3.00kg)
	114	U20 Women Hammer (4.00kg)
	115	Senior Women Hammer (4.00kg)
	116	U17 Men Hammer (5.00kg)
	117	U20 Men Hammer (6.00kg)
	118	Senior Men Hammer (7.26kg)
	119	U20 Women Long Jump
	120	U20 Men Long Jump
	121	Senior Men Long Jump

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Saturday

10:00	32	Senior Men 400m Hurdles (Final)	10:00	122	U13 Girls High Jump
	33	U17 Men 400m Hurdles (Final)		123	U13 Boys High Jump
10:07	34	U17 Women 300m Hurdles (Final)		124	U15 Girls Long Jump
10:15	35	U13 Girls 100m (Heat 1)		125	U17 Women Javelin (500g)
	36	U13 Girls 100m (Heat 2)		126	U17 Men Javelin (700g)
	37	U13 Girls 100m (Heat 3)		127	Senior Men Javelin (800g)
	38	U13 Boys 100m (Heat 1)	11:00	128	U13 Girls Javelin (400g)
	39	U13 Boys 100m (Heat 2)		129	U13 Boys Javelin (400g)
	40	U15 Girls 100m (Heat 1)		130	U13 Boys Long Jump
	41	U15 Girls 100m (Heat 2)		131	U15 Boys Long Jump
	42	U15 Girls 100m (Heat 3)		132	U20 Women High Jump
	43	U15 Boys 100m (Heat 1)		133	U17 Men High Jump
	44	U15 Boys 100m (Heat 2)		134	U20 Men High Jump
	45	U17 Women 100m (Heat 1)	12:00	135	U15 Girls High Jump
	46	U17 Women 100m (Heat 2)		137	U15 Girls Javelin (500g)
	47	Senior Women 100m (Race 1)		138	U15 Boys Javelin (600g)
	48	Senior Men 100m (Race 1)	12:30	136	U13 Girls Long Jump
11:00	59	U13 Girls 1500m (Final)	13:00	139	U13 Girls Discus (0.75kg)
	60	U13 Boys 1500m (Final)		140	U13 Boys Discus (1.00kg)
	61	U15 Girls 1500m (Final)		141	U15 Boys Discus (1.25kg)
	62	U15 Boys 1500m (Final)		142	U17 Women Discus (1.00kg)
	63	U17 Women 1500m (Final)		143	U17 Men Discus (1.5kg)
	64	U17 Men 1500m (Final)		144	U15 Boys High Jump
	65	U20 Women 1500m (Final)		145	U13 Girls Shot Putt (2.72kg)
	67	Senior Women 1500m (Final)		146	U13 Boys Shot Putt (3.00kg)
	66	U20 Men 1500m (Final)	14:00	147	U15 Girls Shot Putt (3.00kg)
	68	Senior Men 1500m (Final)		148	U15 Boys Shot Putt (4.00kg)
11:50	49	U13 Girls 100m (Final)		149	U17 Women Long Jump
	50	U13 Boys 100m (Final)		150	U17 Men Long Jump
	51	U15 Girls 100m (Final)		151	U17 Women Shot Putt (3.00kg)
	52	U15 Boys 100m (Final)		152	Senior Women Shot Putt (4.00kg)
	53	U17 Women 100m (Final)		153	U17 Men Shot Putt (5.00kg)
	54	U17 Men 100m (Final)		154	Senior Men Shot Putt (7.26kg)
	55	U20 Women 100m (Final)			
	56	U20 Men 100m (Final)			
	57	Senior Women 100m (Race 2)			
	58	Senior Men 100m (Race 2)			
12:10	69	U20 Men 5000m (Final)			
	70	Senior Men 5000m (Final)			

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Lunch		
13:15	71	U13 Girls 70m Hurdles (Final)
	72	U13 Boys 75m Hurdles (Final)
	73	U15 Girls 75m Hurdles (Final)
	74	U15 Boys 80m Hurdles (Final)
	75	U17 Women 80m Hurdles (Final)
	76	U17 Men 100m Hurdles (Final)
	77	U20 Women 100m Hurdles (Final)
	78	Senior Men 110m Hurdles (Final)
13:55	79	U17 Women 3000m (Final)
	80	U17 Men 3000m (Final)
14:25	81	U15 Girls 300m (Final)
	82	U17 Women 300m (Final)
	83	U15 Boys 300m (Final)
14:40	84	Senior Men 400m (Race 1)
	85	U17 Men 400m (Final)
	86	U20 Women 400m (Final)
	87	Senior Men 400m (Race 2)