

Saturday 14th May

4J Studios scottishathletics District Championships
and National Outdoor Open
WEST DISTRICT
FINAL Timetable

Ayrshire Athletic Arena
Kilmarnock
2022 WD TT FINAL.xlsx

All athletes must confirm their intention to compete at least 60mins before the event start time.				
Track				
Event No	Time	Event	Age Group	Round
1	10:00	100m Hurdles	U17 Men	Final
		80m Hurdles	U15 Boys	Final
2	10:05	80m Hurdles	U17 Women	Final
3	10:10	75m Hurdles	U15 Girls	1
4	10:20	75m Hurdles	U13 Boys	Final
5	10:25	70m Hurdles	U13 Girls	1
6	10:40	800m	U15 Girls	1
7	10:48	800m	U15 Boys	1
8	10:56	800m	U17 Women	1
9	11:04	800m	U17 Men	1
10	11:12	800m	Sen/U20 Women Open	1
11	11:20	800m	Sen/U20 Men Open	1
12	11:40	70m Hurdles	U13 Girls	Final
13	11:45	75m Hurdles	U15 Girls	Final
14	11:55	100m	U13 Boys	1
15	12:03	100m	U13 Girls	1
16	12:23	100m	U15 Boys	1
17	12:35	100m	U15 Girls	1
18	12:55	100m	U17 Women	1
19	13:07	100m	U17 Men	1
LUNCH				
20	13:50	400m	U17 Men	Final
21	13:54	300m	U15 Boys	Final
22	13:58	300m	U17 Women	1
23	14:06	300m	U15 Girls	1
24	14:16	100m	U13 Girls	Semi Final
25	14:28	100m	U15 Girls	Semi Final
26	14:40	100m	U13 Boys	Final
27	14:44	100m	U15 Boys	Final
28	14:48	100m	U17 Women	Final
29	14:52	100m	U17 Men	Final
30	15:00	800m	U13 Girls	Timed Finals
31	15:15	800m	U13 Boys	Timed Finals
32	15:30	800m	U15 Girls	Final
33	15:35	800m	U15 Boys	Final
34	15:40	800m	U17 Women	Final
35	15:44	800m	U17 Men	Final
36	15:54	300m	U17 Women	Final
37	15:58	300m	U15 Girls	Final
38	16:05	100m	U13 Girls	Final
39	16:08	100m	U15 Girls	Final
If heats are not required FINALS will go at HEAT time.				

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Field				
Event No	Time	Event	Age Group	Info
40	10:00	Javelin	Sen/U20 Women Open	
			Sen/U20 Men Open	
41	10:00	Long Jump	U13 Girls	
42	10:00	Shot Put	U17 Men / U15 Boys	
43	11:00	Shot Put	Sen/U20 Men Open	
44	11:00	High Jump	U17 Women	SH 1m22
			U17 Men	SH 1m32
45	11:00	Pole Vault	U15 Boys / Girls	SH 2m03
			U17 Men / Women	SH 2m63/2m23
46	11:45	Shot Put	Sen/U20/U17 Women	
47	13:00	Long Jump	U13 Boys	
48	13:15	Shot Put	U13 Girls	
49	13:30	Discus	U17 Men / Women	
50	14:30	Long Jump	U17 Women	
51	14:30	Shot Put	U15 Girls	
52	15:30	Discus	Sen/U20 Men Open	
			Sen/U20 Women Open	
53	15:30	Shot Put	U13 Boys	
54	15:30	Long Jump	U15 Girls	
<p>District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts</p> <p>Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts</p>				

Sunday 15th May

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All athletes must confirm their intention to compete at least 60mins before the event start time.				
Track				
Event No.	Time	Event	Age Group	Round
55	10:00	1500m SC	U17 Men	Final
56	10:08	1500m SC	U17 Women	Final
57	10:20	400m Hurdles	U17 Men	Final
58	10:25	300m Hurdles	U17 Women	Final
59	10:35	1500m	U15 Girls	1
60	10:51	1500m	U15 Boys	1
61	11:07	200m	U13 Girls	1
62	11:16	200m	U15 Girls	1
63	11:31	200m	U13 Boys	Final
64	11:35	200m	U15 Boys	1
65	11:43	200m	U17 Women	1
66	11:51	200m	U17 Men	1
67	12:05	3000m SC	Sen/U20 Women Open	Final
Lunch				
68	13:00	3000m SC	Sen/U20 Men Open	Final
69	13:15	1500m	U15 Girls	Final
70	13:25	1500m	U15 Boys	Final
71	13:35	200m	U13 Girls	Final
72	13:40	200m	U15 Girls	Final
73	13:45	200m	U15 Boys	Final
74	13:50	200m	U17 Women	Final
75	13:55	200m	U17 Men	Final
76	14:00	1500m	U13 Girls	Final
77	14:10	1500m	U13 Boys	Final
78	14:20	1500m	U17 Men	Final
79	14:30	1500m	U17 Women	Final
80	14:40	1500m	Sen/U20 Women Open	1
81	14:50	1500m	Sen/U20 Men Open	1
If heats are not required FINALS will go at HEAT time.				

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		Event	Age Group	Info
82	10:00	Hammer	U15 Girls	
			U17 Men / U17 Women	
83	10:00	Javelin	U13 Boys / U13 Girls	
84	10:00	High Jump	U15 Girls	SH 1m19
			U15 Boys	
85	11:15	Hammer	Sen/U20 Men Open Sen /U20 Women Open	
86	11:30	Triple Jump	All Ages	11m
				7m/9m
87	12:15	Javelin	U17 Men / Women	
88	13:15	Javelin	U15 Boys / U15 Girls	
89	13:15	High Jump	U13 Boys / U13 Girls	SH 1m01
90	14:30	Discus	U13 Boys	
			U15 Boys / U15 Girls	
91	14:30	Long Jump	U17 Men	
			U15 Boys	
<p>District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts</p> <p>U15 Triple Jump athletes will be restricted to a max 22m Run Up</p> <p>Outdoor Open Field Events: Min 2 Warm up attempts; best 8 qualify for a further 3 attempts</p>				