

GLASGOW ATHLETICS ASSOCIATION'S
GLASGOW MILER MEET (800m / 3000m)
(incorporating the Scottish U17 / U20 3000m Championships)
Friday 3rd June 2022
TIMETABLE

| | Time | Heat | Pacer | Pace |
|----|-------------|---------------------------|-------------------|-------------|
| 1 | 18:00 | 800m - H11 (sub 2:28) | Mark Pollard | 72/73s |
| 2 | 18:05 | 800m - H10 (sub 2:20) | Mark Pollard | 68/69s |
| 3 | 18:10 | 800m - H12 (T54) | | N/A |
| 4 | 18:15 | 800m - H13 (FR) | | N/A |
| 5 | 18:20 | 800m - H9 (sub 2:16) | Kai Crawford | 66/67s |
| 6 | 18:25 | 800m - H8 (sub 2:15) | James Adam | 65/66s |
| 7 | 18:30 | 800m - H5 (sub 2:05) | Alastair Campbell | 61/62s |
| 8 | 18:35 | 800m - H4 (sub 2:00) | Ben Grant | 58/59s |
| 9 | 18:45 | 800m - H1 (sub 1:50) | Lewis Hailey | 53/54s |
| 10 | 18:55 | 3000m - H8 (U15) | | N/A |
| 11 | 19:10 | 3000m - H1 (sub 8:00) | Ben MacMillan | 63/64s |
| 12 | 19:25 | 3000m - H3 (sub 8:40) | Mark Nixon | 69/70s |
| 13 | 19:40 | 3000m - H4 (sub 9:00) | Robert Sparks | 71/72s |
| 14 | 19:55 | 3000m - H6 (sub 9:40) | Michael Rimicans | 77/78s |
| 15 | 20:10 | 3000m - H7 (sub 10:45) | David Tamburini | 85/86s |
| 16 | 20:25 | 3000m - H5 (sub 9:30) | Chris Mackay | 75/76s |
| 17 | 20:40 | 3000m - H2 (sub 8:20) | Ben Macmillan | 66/67s |
| 18 | 20:55 | 800m - H7 (sub 2:08) | Kai Crawford | 62/63s |
| 19 | 21:00 | 800m - H6 (sub 2:12) | James Adam | 64/65s |
| 20 | 21:05 | 800m - H3 (sub 1:58) | Lewis Hailey | 57/58s |
| 21 | 21:10 | 800m - H2 (sub 1:54) | Ben Grant | 55/56s |
| | 21:15 | SA U17 & U20 3000m Champs | Presentations | |