

**scottishathletics National Indoor Open
FINAL TIMETABLE**

All Athletes must declare their intention to compete 60mins prior to start time of their band/pool					
Straight Track					
Event No	Warm Up Opens	Start Time	Event	Age/Open	Heats / Bands
1	09:00	10:00	60m Hurdles	SM/U20M	2
2	09:05	10:05	60m Hurdles	U17M	2
3	09:10	10:10	60m Hurdles	SW/U20W	2
4	09:20	10:20	60m Hurdles	U15B	1
5	09:30	10:30	60m Hurdles	U17W	2
6	09:40	10:40	60m Hurdles	U15G/U13B	3
7	09:55	10:55	60m Hurdles	U13G	2
8	10:10	11:10	60m	Band A	1 to 3
9	10:22	11:22	60m	Band B	4 to 6
10	10:34	11:34	60m	Band C	7 to 9
Break					
11	10:51	11:51	60m	Band D	10 to 12
12	11:03	12:03	60m	Band E	13 to 15
13	11:15	12:15	60m	Band F	16 to 18
Break					
14	11:20	12:20	60m	Band G	19 to 21
15	11:32	12:32	60m	Band H	22 to 24
16	11:44	12:44	60m	Band I	25 to 27
Straight Track will take precedence over Circular Track					
Circular Track					
Event No	Warm Up Opens	Start Time	Event	Age/Open	Heats / Bands
17	09:00	10:00	800m	Band A	1 to 3
18	09:15	10:15	800m	Band B	4 to 6
19	09:30	10:30	800m	Band C	7 to 9
Break					
20	09:50	10:50	800m	Band D	10 to 12
21	10:05	11:05	800m	Band E	13 to 15
Break					
22	10:25	11:25	400m	Band A	1 to 3
23	10:39	11:39	400m	Band B	4 to 6
Break					
24	10:58	11:58	400m	Band C	7 to 9
25	11:10	12:10	400m	Band D	10 to 12
Break					
26	11:30	12:30	300m	Band A	1 to 4
27	11:46	12:46	300m	Band B	5 to 8
Break					
28	12:05	13:05	1500m	Band A	1 to 3
29	12:30	13:30	1500m	Band B	4 to 6
30	12:55	13:55	1500m	Band C	7 to 9
Break					
31	13:30	14:30	200m	Band A	1 to 4
32	13:46	14:46	200m	Band B	5 to 8
33	14:02	15:02	200m	Band C	9 to 12
Break					
34	14:22	15:22	200m	Band D	13 to 16
35	14:38	15:38	200m	Band E	17 to 20
36	14:54	15:54	200m	Band F	21 to 24
Break					
37	15:14	16:14	200m	Band G	25 to 28
38	15:28	16:28	200m	Band H	29 to 32
39	15:40	16:40	200m	Band I	33 to 35
All heat lists will be displayed ONLINE. Please check for report time.					

**4J Studios scottishathletics National Indoor Open
FINAL TIMETABLE**

Saturday 8th January 2022

Emirates Arena, Glasgow
2022 IndOpen FINAL

All Athletes must declare their intention to compete 60mins prior to start time of their band/pool						
Field						
Event No	Warm Up Opens	Start Time	Event	Pool	Area	Info
40	09:00	10:00	Long Jump	Pool 4		
41	09:00	10:00	Triple Jump	Pool 2	Out	7m/9m Board
42	09:10	10:10	Shot Put	Pool 2		
43	10:30	11:30	Triple Jump	Pool 1		9m/11m/13m
44	10:35	11:35	Shot Put	Pool 1		
45	12:00	13:00	Long Jump	Pool 1		
46	12:05	13:05	Shot Put	Pool 3		
47	12:50	13:50	High Jump	Pool 1	(60mF)	St Ht 1m53
48	12:55	13:55	High Jump	Pool 4	(60mS)	St Ht 1m06
49	13:00	14:00	Pole Vault	Pool 1		St Ht 2m00
50	13:30	14:30	Long Jump	Pool 3		
51	13:35	14:35	Shot Put	Pool 4		
52	15:00	16:00	High Jump	Pool 3	(60mS)	St Ht 1m23
53	15:00	16:00	Long Jump	Pool 2		
54	15:00	16:00	Long Jump	Pool 5	Out	1m Board
55	15:05	16:05	High Jump	Pool 2	(60mF)	St Ht 1m38

All Shot competitions will be held in corner outside back straight
Horizontal Jumps & Shot Put - 2 warm up attempts only
Horizontal Jumps & Shot Put - 3 attempts in competition only
High Jump - 2 heights in warm up only