

CAC & FVH CLUB CHAMPIONSHIPS

GRANGEMOUTH STADIUM SATURDAY 3RD SEPTEMBER

*PROVISIONAL TIMETABLE*

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| **Track** | **Event** | **AGE GROUP** |
| 10.30 | 70m Hurdles | U13 Girls |
|  | 75m Hurdles | U15 Girls & U13 Boys |
|  | 80m Hurdles | U17 Women & U15 Boys |
|  | 100m Hurdles | Sen/U20 Women & U17 Men |
|  | 110m Hurdles | Sen/U20 Men |
| 11.00 | 800m | All Ages |
| 11.30 | 100m | All Ages |
| 12.15 | 300m Hurdles | U15 girls & U15 boys & U17W |
|  | 400m Hurdles | U17M/U20/Sen M&W |
|  | Lunch |
| 13.30 | 200m | All Ages |
| 14.15 | 300m/400m | All ages U15 upwards |
| 14.45 | 1500m | All ages U13 upwards |
| 15:15 | 5000m | U17 Upwards |

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| **Field** | **Event** | **AGE GROUP** |
| 10.30 | Long Jump | U11 & U13 Boys |
|  | Shot | All Females |
|  | Hammer | All ages |
| 11.15 | Long Jump | U15B - Senior M |
|  | High Jump | U15G - Sen W |
|  | Discus | All ages U13 upwards |
|  | Lunch |
| 1.15 | Long Jump | U15G - Senior W |
|  | High Jump | U15B - Sen M |
|  | Shot | All Males |
| 14.00 | High Jump | U11 & U13 Boys & Girls |
|  | Long Jump | U11 & U13 Girls |
|  | Javelin | All Ages |
| 14:45 | Triple Jump | All Ages |
|  | Pole Vault | All Ages |