

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

<b>Athletes must declare their intention to compete at least 60mins before the start time of their event / band / pool</b>					
<b>Straight Track</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age/Open</b>	<b>Band/Heats</b>	
1	10:00	60m Hurdles	SM/U20M	A	1
1a	10:05	60m Hurdles	U18M	A	1
2	10:10	60m Hurdles	U17M	A	1
3	10:20	60m Hurdles	SW/U20W	A	2
3a	10:30	60m Hurdles	U18W		1
4	10:35	60m Hurdles	U15B	A	1
5	10:40	60m Hurdles	U17W	A	2
6	10:50	60m Hurdles	U15G/U13B	A	3
7	11:05	60m Hurdles	U13G	A	2
8	11:20	60m	OPEN	A	1 to 3
9	11:32	60m		B	4 to 6
10	11:44	60m		C	7 to 9
11	11:56	60m		D	10 to 12
12	12:08	60m		E	13 to 15
13	12:20	60m		F	16 to 18
14	12:32	60m		G	19 to 21
15	12:44	60m		H	22 to 24
16	12:52	60m		I	25 to 27
17	13:04	60m		J	28 to 31
<b>Straight Track will take precedence over Circular Track</b>					
<b>Circular Track</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age/Open</b>	<b>Band/Heats</b>	
18	10:00	800m	OPEN	A	1 to 3
19	10:15	800m		B	4 to 6
20	10:30	800m		C	7 to 9
21	10:45	800m		D	10 to 12
22	11:00	800m		E	13 to 15
23	11:15	800m		F	16 to 18
24	11:30	400m	OPEN	A	1 to 3
25	11:44	400m		B	4 to 6
26	11:58	400m		C	7 to 9
27	12:12	400m		D	10 to 12
28	12:26	400m		E	13 to 15
29	12:40	300m	U17W,U15G/B	A	1 to 3
30	12:54	300m	U17W,U15G/B	B	4 to 6
31	13:14	300m	U17W,U15G/B	C	7 to 9
32	13:28	1500m	OPEN	A	1 to 3
33	13:49	1500m		B	4 to 6
34	14:00	1500m		C	7 to 9
35	14:21	1500m		D	10 to 11
36	14:45	200m	OPEN	A	1 to 4
37	15:01	200m		B	5 to 8
38	15:17	200m		C	9 to 12
39	15:33	200m		D	13 to 16
40	15:49	200m		E	17 to 20
41	16:03	200m		F	21 to 24
42	16:19	200m		G	25 to 28
43	16:45	200m		H	29 to 32
44	17:01	200m		I	33 to 36
45	17:17	200m		J	37 to 40
<b>All heat lists will be displayed ONLINE. Please check for report time.</b>					

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FINAL TIMETABLE**

Saturday 21st January 2023

Emirates Arena, Glasgow  
2023 IndOpen TT FINAL\_2

<b>Athletes must declare their intention to compete at least 60mins before the start time of their event / band / pool</b>					
<b>Field</b>					
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>	<b>Area</b>	<b>Info</b>
46	10:00	Long Jump	Pool 4	In	
47	10:00	Triple Jump	Pool 2	Out	7m/9m
48	10:00	Shot Put	Pool 2		
49	11:00	Pole Vault	Pool 2		St Ht 2m03
50	11:30	Triple Jump	Pool 1	In	9m/11m
51	11:30	Shot Put	Pool 1		
52	11:30	Long Jump	Pool 3	In	
53	13:05	Shot Put	Pool 3		
54	14:00	High Jump	Pool 1	60F	St Ht 1m51
55	14:00	High Jump	Pool 4	60St	St Ht 1m06
56	14:00	Pole Vault	Pool 1		St Ht 3m01
57	14:30	Long Jump	Pool 2	In	
58	14:35	Shot Put	Pool 4		
59	16:00	Long Jump	Pool 1	In	
60	16:00	Long Jump	Pool 5	Out	2m Board
61	16:00	High Jump	Pool 3	60St	St Ht 1m21
62	16:00	High Jump	Pool 2	60F	St Ht 1m36

All Shot competitions will be held in corner outside back straight

Horizontal Jumps & Shot Put - Minimum 2 warm up attempts

Horizontal Jumps & Shot Put - 3 attempts in competition only

High Jump - Minimum 2 heights in warm up

PV Pool 1 3m01 - 3m21 - 3m36 - 3m51 - 3m66 - 3m81 then 10cms

PV Pool 2 2m03 - 2m23 - 2m43 - 2m58 - 2m73 - 2m88 then 10cms