

Saturday 11 February 2023

**scottishathletics** Spring Throws Meeting

**FINAL TIMETABLE**

Grangemouth Stadium, Grangemouth

| <b>Athletes must declare their intention to compete at least 60mins before the event start time</b> |             |               |             |  |
|---|-------------|---------------|-------------|--|
| <b>Field</b>  |             |               |             |  |
| <b>Event No</b>   | <b>Time</b> | <b>Event</b>  | <b>Pool</b> |  |
| F1  | 10:00       | Seated Throws |             |  |
| F1  | 10:00       | Javelin       | 1           |  |
| F2  | 10:40       | Discus        | 1           |  |
| F3  | 11:15       | Javelin       | 2           |  |
| F4  | 12:00       | Discus        | 2           |  |
| F5  | 13:30       | Hammer        | 1           |  |
| F7  | 15:00       | Hammer        | 2           |  |
| <b>All athletes will receive 1 warm up and 6 competition trials</b>                                 |             |               |             |  |