

Saturday 22 October 2022

scottishathletics Autumn Throws Meeting

FINAL TIMETABLE

Grangemouth Stadium, Grangemouth

Athletes must declare their intention to compete at least 60mins before the event start time				
Field				
Event No	Time	Event	Pool	
F1	10:00	Javelin	2	
F2	10:00	Discus	1	
F3	11:15	Javelin	1	
F4	11:15	Discus	2	
F5	13:15	Hammer	1	
F6	13:15	Shot Put	1	
F7	14:30	Hammer	2	
F8	14:30	Shot Put	2	
All athletes will receive a minimum of 1 warm up and 6 competition trials				