



4J Studios scottishathletics North District Championships & National Open

Friday 12th May 2023

Track

Queens Park, Inverness

18:00	200m (Heats)
	U20 Women 200m (Run 1)
	Senior Women 200m (Run 1)
	U20 Men 200m (Run 1)
	Senior Men 200m (Run 1)
18:55	800m (Finals)
19:35	200m (Finals)
	U20 Men 200m (Run 2)
	Senior Women 200m (Run 2)

Friday 12th May 2023

Field

Queens Park, Inverness

18:00	U17 Women Discus (1.00kg)
	Senior Women Discus (1.00kg)
	Senior Men Discus (2.00kg)
18:00	U15 Girls Triple Jump
	U15 Boys Triple Jump
	U17 Women Triple Jump
	U17 Men Triple Jump
19:00	U15 Girls Hammer (3.00kg)
	U17 Women Hammer (3.00kg)
	Senior Women Hammer (4.00kg)
	U15 Boys Hammer (4.00kg)
	U17 Men Hammer (5.00kg)
	Senior Men Hammer (7.26kg)



4J Studios scottishathletics North District Championships & National Open

Saturday 13th May 2023

Track

Queens Park, Inverness

10:00	U20 Men 400m Hurdles (Final)
	Senior Men 400m Hurdles (Run 1)
	U17 Women 300m Hurdles (Final)
10:15	100m (Heats)
	U20 Women 100m (Run 1)
	Senior Women 100m (Run 1)
	U20 Men 100m (Run 1)
	Senior Men 100m (Run 1)
11:00	1500m (Finals)
11:50	100m (Finals)
	U20 Women 100m (Run 2)
	Senior Women 100m (Run 2)
	U20 Men 100m (Run 2)
12:15	5000m (Finals)
	Senior Women 400m (Run 1)
12:40	U20 Men 400m (Run 1)
	Senior Men 400m (Run 1)
	Sprint Hurdles (Finals)
13:15	Senior Men 110m Hurdles (Run 1)
13:55	3000m (Finals)
14:05	Senior Men 110m Hurdles (Run 2)
14:35	300m (Finals)
14:55	400m (Finals)
	Senior Women 400m (Run 2)
	U20 Men 400m (Run 2)
	Senior Men 400m (Run 2)



4J Studios scottishathletics North District Championships & National Open

Saturday 13th May 2023

Field

Queens Park, Inverness

10:00	U15 Girls Long Jump
10:00	U17 Women Javelin (500g)
	U17 Men Javelin (700g)
11:00	U13 Girls Javelin (400g)
11:00	U13 Boys Long Jump
	U15 Boys Long Jump
11:00	U17 Women High Jump
	U17 Men High Jump
	U20 Women High Jump
	Senior Women High Jump
12:00	U13 Girls High Jump
	U15 Girls High Jump
12:00	U15 Girls Javelin (500g)
	U15 Boys Javelin (600g)
12:30	U13 Girls Long Jump
13:00	U13 Girls Discus (0.75kg)
	U15 Girls Discus (1.00kg)
	U15 Boys Discus (1.25kg)
13:00	U15 Boys High Jump
13:00	U13 Girls Shot Put (2.72kg)
	U13 Boys Shot Put (3.00kg)
14:00	U15 Girls Shot Put (3.00kg)
	U15 Boys Shot Put (4.00kg)
14:00	U17 Women Long Jump
	U17 Men Long Jump
	Senior Women Long Jump
	U20 Men Long Jump
14:00	U17 Women Shot Put (3.00kg)
	U17 Men Shot Put (5.00kg)
	U20 Men Shot Put (6.00kg)
	Senior Men Shot Put (7.26kg)