

Sunday 30 April

**scottishathletics** Throws Grand Prix  
FINAL TIMETABLE

Queens Park Stadium, Inverness  
Jumps&ThrowsGP1

<b>This is a provisional timetable for entry purposes only, a FINAL timetable will be published after entries close on 13 April</b>				
<b>Jumps &amp; Throws Grand Prix</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>	<b>Info</b>
	10:00	Seated Throws		
	10:00	Javelin	One	
	11:15	Discus	One	
	11:30	Javelin	Two	
	12:30	Discus	Two	
	13:45	Hammer	Two	
	14:15	Shot Put	One	
	15:15	Hammer	One	
	15:15	Shot Put	Two	
<b>All athletes will receive 6 competition trials</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Pool</b>	<b>Info</b>
	10:00	Long Jump	One	
	10:30	High Jump	Two	
	11:30	Long Jump	Two	
	13:30	High Jump	One	
	14:15	Triple Jump		All boards
<b>Long Jump / Triple Jump - All athletes will receive 6 competition trials</b>				