

Saturday 22 July

scottishathletics Throws Grand Prix
FINAL TIMETABLE

Ayrshire AA, Kilmarnock
Throws GP 4

This is a provisional timetable for entry purposes only, a FINAL timetable will be published after entries close on 6 July				
Field				
Event No	Time	Event	Pool	Info
	10:00	Seated Throws	1	
	10:00	Javelin	1	
	11:15	Discus	2	
	11:15	Javelin	2	
	12:30	Discus	1	
	13:30	Shot Put	2	
	13:45	Hammer	1	
	15:00	Shot Put	1	
	15:15	Hammer	2	
All athletes will receive 6 competition trials				