

**Timetable Match 1**  
**15th April 2023**  
**Grangemouth**

# REVISED

**TRACK**

**FIELD**

11:00am 110m Hurdles U20 /Sen Men  
 11:10am 100m Hurdles U17M  
 11:20am 100 Hurdles Senior / U20 W  
 11:25am 80m Hurdles U17W

11:00am Long Jump U17 Men  
 Discus U17 Men  
 Shot U20/Sen Men  
 High Jump All Women

11:40pm 800m Senior/U20/U17 Men

12:00pm 800m Senior/U20/U17 Women

12:45pm 100m - Pool 1 Senior/U20/U17 Men

12:30pm Long Jump U17 Women Pool 1  
 Shot U17 Men  
 Discus All Women

13:10pm 100m - Pool 2 Senior/U20/U17 Men

13:35 pm 

<b>LUNCH BREAK</b>
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14:00pm 100m - Pool 1 Senior/U20/U17 Women

14:00pm Shot U17 Women  
 High Jump All Men  
 \*\* Long Jump U20/Sen Women  
 \*\* Long Jump U17 Women Pool 2

14:25pm 100m - Pool 2 Senior/U20/U17 Women

14:35pm 300m U17 Women

14:55pm 400m U17 Men

15:10pm 400m U20/Senior Women

15:15pm Discus U20/Sen Men  
 Shot U20/Sen Women  
 Long Jump U20/Sen Men

15:20pm 400m U20/Senior Men

15:40pm 4x100m All Men

15:50pm 4x100m All Women

**NOTE: \*\* These two long jumps will go as one event**

16:00pm 3000m All Women

16:15pm 5000m U20/Sen Men

16:35pm 1500m SC U17 Men