

Friday 9th May 2025

4J Studios scottishathletics North District Championships
with Open Events
DRAFT Timetable

Queens Park,
Inverness

This is a provisional timetable for entry purposes only, a final timetable will be published on Friday 2nd May				
Track				
Event No	Time	Event	Age Group	Round
	18:10	200m	U13 Boys	1
		200m	U13 Girls	1
		200m	U15 Boys	1
		200m	U15 Girls	1
	18:35	200m	U17 Men	1
		200m	U17 Women	1
		200m	Sen / U20 Men Open	1
		200m	Sen / U20 Women Open	1
	18:55	800m	U13 Boys	Timed Finals
		800m	U13 Girls	Timed Finals
		800m	U15 Boys	Timed Finals
		800m	U15 Girls	Timed Finals
	19:15	800m	U17 Men	Final
		800m	U17 Women	Final
	19:35	200m	U13 Boys	Final
		200m	U13 Girls	Final
		200m	U15 Boys	Final
		200m	U15 Girls	Final
	19:50	200m	U17 Men	Final
		200m	U17 Women	Final
If Heats are not required Finals will go at Heat Time				
Field				
Event No	Time	Event	Age Group	Info
	17:00	Pole Vault	U15 / U17	
	18:00	Triple Jump	All Ages U15 +	7m/9m/11m
		Javelin	U17 Men & Women	
		Shot Put	U13 Girls	
	19:15	Javelin	U15 Girls / U15 Boys	
		High Jump	U17 Men & Women	
		Long Jump	U13 Boys	
Minimum 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts				

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Track				
Event No	Time	Event	Age Group	Round
	10:00	400m Hurdles	U17 Men	Final
		300m Hurdles	U17 Women	Final
	10:15	100m	U13 Girls	1
		100m	U13 Boys	1
		100m	U15 Girls	1
		100m	U15 Boys	1
	10:50	100m	U17 Women	1
		100m	U17 Men	1
		100m	Sen / U20 Men Open	1
		100m	Sen / U20 Women Open	1
	11:10	1500m	U13/U15 Boys	Timed Final
		1500m	U13/U15 Girls	Timed Final
	11:30	1500m	U17 Men	Final
		1500m	U17 Women	Final
	11:45	300m	U17 Women	1
	12:00	100m	U13 Boys	Final
		100m	U13 Girls	Final
		100m	U15 Boys	Final
		100m	U15 Girls	Final
		100m	U17 Men	Final
		100m	U17 Women	Final
Lunch				
	13:10	70m Hurdles	U13 Girls	Final
		75m Hurdles	U13 Boys	Final
		75m Hurdles	U15 Girls	Final
		80m Hurdles	U15 Boys	Final
		80m Hurdles	U17 Women	Final
		100m Hurdles	U17 Men	Final
	13:35	3000m	U17 / U20 / Senior Women	Final
		3000m	U17 / U20 / Senior Men	Final
	14:00	300m	U15 Boys	Final
		300m	U15 Girls	Final
		300m	U17 Women	Final
	14:15	400m	U17 Men	Final
If Heats are not required Finals will go at Heat Time				
Field				
Event No	Time	Event	Age Group	Info
	10:00	High Jump	U13 Girls / U13 Boys	
		Long Jump	U15 Girls	
		Discus	U17 / U20 / Senior	
	11:15	Javelin	U13 Girls / U13 Boys	
		Shot Put	U15 Girls / U15 Boys	
		Long Jump	U17 Men / U17 Women	
	12:45	Shot Put	U13 Boys	
		Long Jump	U13 Girls	
		High Jump	U15 Girls / U15 Boys	
		Hammer	All Ages U15 +	
	13:45	Shot Put	U17 Men / U17 Women	
		Long Jump	U15 Boys	
		Discus	U13 / U15 Girls & Boys	
District Field Events: Min 2 warm up attempts; best 8 in each age group qualify for a further 3 attempts				