

# REVISED TIMETABLE

## SCOTTISH NATIONAL ATHLETIC LEAGUE

**Declarations will close at the designated time. Heats will run fastest to slowest.**

### Track - 13th April 2025

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:00	10:50	11:00	110m Hurdles	U20M/SM
2	10:10	11:00	11:10	100m Hurdles	U17M
3	10:15	11:05	11:15	100m Hurdles	U20W/SW
4	10:20	11:10	11:20	80m Hurdles	U17W
5	10:40	11:30	11:40	800m	All Men
6	11:00	11:50	12:00	800m	All Women
7	11:20	12:10	12:20	100m - Pool 1	All Men
8	12:00	12:35	12:45	100m - Pool 2	All Men
<b>LUNCH BREAK - 35 mins</b>					
9	12:40	13:30	13:40	2000mSC	All Women
9	12:55	13:45	13:55	100m - Pool 1	All Women
10	13:15	14:05	14:15	100m - Pool 2	All Women
11	13:35	14:25	14:35	1 Mile	All Men
12	13:50	14:40	14:50	1 Mile	All Women
14	14:10	15:00	15:10	300m	U17W
15	14:35	15:25	15:35	400m	U17M
16	14:50	15:40	15:50	400m	U20W/SW
17	15:00	15:50	16:00	400m	U20M/SM

**Heats will run Fastest to Slowest**

### Field - 13th April 2025

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
21	10:00	10:40	11:00	Long Jump	U20W/SW
22	10:00	10:40	11:00	Discus	All Women
23	10:00	10:40	11:00	Shot	U20M/SM
24	10:00	10:40	11:00	High Jump	U20M/SM
25	11:00	11:15	12:00	Pole Vault	All Women
26	11:30	12:10	12:30	Long Jump	U17W
27	11:30	12:10	12:30	Shot	U20W/SW
28	11:30	12:10	12:30	High Jump	U17M
29	11:30	12:10	12:30	Discus	All Men
30	13:00	13:40	14:00	Long Jump	All Men
31	13:00	13:40	14:00	Hammer	All Women
32	13:00	13:40	14:00	Shot	U17M
33	13:00	13:40	14:00	High Jump	All Women
34	13:15	13:30	14:15	Pole Vault	All Men
35	14:15	14:55	15:15	Hammer	All Men
36	14:15	14:55	15:15	Shot	U17W
37	14:15	14:55	15:15	Triple Jump	All Men
38	14:15	14:55	15:15	Triple Jump	All Women

**Field event athletes should report direct to their event 20min before event time, 45min for pole vault.**