

This event is held under UK Athletics Rules and scottishathletics Licence

## Scottish Student Athletics Indoor Championships

Saturday 11<sup>th</sup> February 2023  
Emirates Arena, Glasgow, G40 3HG

TRACK EVENTS			FIELD EVENTS		
1100	60m Heats	M/F	1200	Pole Vault	F
1150	400m Heats	M/F	1200	Long Jump	M
1230	60mH Finals	F/M			
1240	60m Semi-Finals	M/F	1330	Long Jump	F
1310	1500m Heats(M)/ Final (F)	M/F			
1340	60m Finals	M/F			
1350	400m Finals	M/F			
1355 – 1430 INTERVAL					
1430	200m Heats	M/F	1430	High Jump	M/F Combined
1520	800m Heats	M/F	1500	Shot Putt	M/F Combined
1555	3000m Final	F	1600	Triple Jump	M/F Combined
1610	200m Semi Finals	M/F			
1635	3000m Final	M			
1655	800m Finals	M/F			
1705	200m Finals	M/F			
1715	1500m Final	M			
1730	4x200m Relay	M/F			
1745	4x400m Relay	M/F			
1755 PRESENTATIONS					

### Important Information:

- 1) Please listen for announcements so you are aware of any timetable changes. The timetable has been prepared based on the number of athletes who usually take part and may require alteration on the day depending on the turnout. Where Heats are not required the Final will be run at the time of the Heat
- 2) Numbers, as issued, must be worn front and back (only one number is required from PV and HJ)
- 3) Hurdles warm up should take place on the track. No other warm ups are permitted on the track
- 4) It is your responsibility to ensure you do not enter events which clash with each other, unless you are confident that you are able to cope with the clash. If a jumping event coincides with a track event, please aim to have your run up marked before the Track event starts
- 5) Please ensure that everyone enjoys themselves by cooperating with the officials who have given their own time to allow your competition to take place
- 6) Declarations open at 10am and close 60 minutes before event start time (60m declarations will be prioritised)
- 7) Relay entries close at **3pm**