

This event is held under UK Athletics Rules and scottishathletics Licence

**Scottish Student Athletics**

**Outdoor Championships**

Saturday 20<sup>th</sup> April 2024

Grangemouth Stadium, Kersiebank Ave, Grangemouth, FK3 OBS

Relay entries close at 14:30

**OFFICIAL TIMETABLE**

**TRACK EVENTS**

10:00	400m Hurdles Final	M/F
10:15	100m Heats	M/F
10:50	400m Heats	M/F
11:25	100m Semi-Finals	M/F
11:45	1,500m Final	M/F
12:10	100m Final	M/F
12:20	400m Final	M/F

**FIELD EVENTS**

10:00	Pole Vault	M/F combined
10:00	Javelin	F
11:30	Javelin	M
11:30	Long Jump	F

12:30 to 13:30 INTERVAL

13:40	200m Heats	M/F
14:20	Sprint Hurdles Final	M/F
14:35	800m Heats	M/F
14:50	200m Semi-Finals	M/F
15:10	5,000m	M/F
15:35	3,000m S/C Final	M
15:55	200m Final	M/F
16:05	3,000m S/C Final	F
16:20	800m Final	M/F
16:45	4x100m Relay	M/F
17:00	4x400m Relay	M/F

12:30 Hammer M/F combined

13:45	Triple Jump	M/F combined
13:45	Shot Put	M
13:45	Discus	F
15:00	High Jump	M/F
15:00	Discus	M
15:00	Shot Put	F
16:00	Long Jump	M
16:00	Seated Throws	M/F Combined

17:20 FINAL PRESENTATIONS

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NOTE

- 1) Declarations open at 9am and close 60 minutes before event start time
- 2) Please listen for announcements so that you are aware of any timetable changes. The timetable has been prepared based on the number of athletes normally taking 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 Heats
- 3) Numbers, as issued, must be worn front and back (only one number required for PV & HJ).
- 4) It is your responsibility to ensure that you do not enter events which clash with each other unless you are confident that you can cope with the clash. If a jumping event coincides with a track event please try to have your run up measured/marked before the Track event starts.
- 5) Please ensure that everyone enjoys themselves by co-operating with the officials who have given of their own time to allow your competition to take place.

