**National OPEN**
**21 January 2012**
**Kelvin Hall, Glasgow**

## Straight Track

| Event No | Time | Event | Age | | Heats | Entries |
|---|---|---|---|---|---|---|
| T01 | 10.00 | 60m Hurdles | SM | | 2 | 8 |
| T02 | 10.10 | 60m Hurdles | U20M | | 1 | 2 |
| T03 | 10.15 | 60m Hurdles | U18M | | 1 | 3 |
| T04 | 10.20 | 60m Hurdles | SW/U20 | | 1 | 5 |
| T05 | 10.25 | 60m Hurdles | U16 Boys | | 1 | 3 |
| T06 | 10.30 | 60m Hurdles | U18 W | | 2 | 11 |
| T07 | 10.40 | 60m Hurdles | U16 Girls | | 3 | 14 |
| T08 | 11.00 | 60m Hurdles | U14 Girls | | 2 | 8 |
| T09 | 11.10 | 60m | OPEN | | 25 | 145 |
| | 13.30 | **LUNCH** | | | | |

## Circular Track

| Event No | Time | Event | Age | | Heats | |
|---|---|---|---|---|---|---|
| T10 | 10.30 | 800m | OPEN | | 15 | 75 |
| T11 | 11.45 | 400M | OPEN | | 12 | 58 |
| T12 | 12.30 | 300m | U16W | | 3 | 12 |
| | 12.45 | **LUNCH** | | | | |
| T13 | 13.30 | 1500m | OPEN | | 5 | 38 |
| T14 | 14.15 | 200m | OPEN | | 30 | 150 |

*** Please note that track events will be run in heats, fastest to slowest, mixed gender**

**Proposed number of heats listed. This may change after declarations close**

**All heat lists will be displayed outside Call Room. Please check for report time.**

## Field

| Event No | Time | Event | Age | | | |
|---|---|---|---|---|---|---|
| F01 | 9.30 | Long Jump | Pool 4 | | | 18 |
| F02 | 10.00 | Shot Putt | Pool 2 | | | 13 |
| F03 | 10.45 | Pole Vault | All | | | 9 |
| F04 | 10.45 | Long Jump | Pool 1 | | | 18 |
| F05 | 11.15 | Shot Putt | Pool 3 | | | 12 |
| F06 | 12.00 | Long Jump | Pool 2 | | | 15 |
| F07 | 12.30 | Shot Putt | Pool 4 | | | 13 |
| F08 | 13.15 | High Jump | Pool 1 | Blue bed | | 11 |
| F09 | 13.15 | Long Jump | Pool 3 | | | 14 |
| F10 | 13.30 | High Jump | Pool 3 | | | 11 |
| F11 | 13.45 | Shot Putt | Pool 1 | | | 12 |
| F12 | 14.30 | Triple Jump | Pool 1 | 7 9 | | 10 |
| F13 | 15.00 | High Jump | Pool 2 | Blue bed | | 12 |
| F14 | 15.00 | High Jump | Pool 4 | | | 10 |
| F15 | 15.30 | Triple Jump | Pool 2 | | | 12 |

*** Please note that field athletes should chose a minimum distance or height for competition**

Horizontal Jumps & Shot Putt - 2 warm up attempts (more if time permits)

scottishathletics