SCOTTISH WOMEN'S ATHLETIC LEAGUE

PROGRAMME OF EVENTS 2019

TRACK EVENTS - MATCH 2

12.30	1.	400M Hurdles	Sen	'A'
	2.	400m Hurdles	Sen	'B'
12.40	3.	300m Hurdles	U17	'A'
	4.	300m Hurdles	U17	'B'
12.50	5.	100m	U13	'A'
	6.	100m	U13	'B'
1:00	7.	100m	U15	'A'
	8.	100m	U15	'B'
1:10	9.	100m	U17	'A'
	10.	100m	U17	'B'
1:20	11.	100m	Sen	'A'
	12.	100m	Sen	'B'
1.30	13.	400m	Sen	'A'
	14.	400m	Sen	'B'
1.40	15.	300m	U17	'A'
	16.	300m	U17	'B'
1.50	17.	3000m	Sen	'A'
	18.	3000m	Sen	'B'
2.00	19.	70m Hurdles	U13	'A'
	20.	70m Hurdles	U13	'B'
2.10	21.	75m Hurdles	U15	'A'
	22.	75m Hurdles	U15	'B'
2.20	23.	80m Hurdles	U17	'A'
	24.	80m Hurdles	U17	'B'
2.30	25.	100m Hurdles	Sen	'A'
	26.	100m Hurdles	Sen	'B'

2.50	27.	800m	U17	'A'
	28.	800m	U17	'B'
3:00	29.	800m	Sen	'A'
	30.	800m	Sen	'B'
3.10	31.	200m	U13	'A'
	32.	200m	U13	'B'
3.20	33.	200m	U15	'A'
	34.	200m	U15	'B'
3.30	35.	200m	U17	'A'
	36.	200m	U17	'B'
3.40	37.	200m	Sen	'A'
	38.	200m	Sen	'B'
3.50	39.	800m	U15	'A'
	40.	800m	U15	'B'
4.00	41.	800m	U13	'A'
	42.	800m	U13	'B'
4.10	43.	1500m	U15	'A'
	44.	1500m	U15	'B'
4.20	45.	1500m	Sen	'A'
	46.	1500m	Sen	'B'
4.40	47.	4x100m	Sen	Relay
	48.	4x100m	U17	Relay
	49.	4x100m	U15	Relay
	50.	4x100m	U13	Relay
	51.	4x400m	Sen	Relay

A&B strings in the 3000m and 1500m races will run together.

FIELD EVENTS

11.45	1.	Hammer	Sen
12.00	2.	Long Jump *	Sen
	3.	High Jump	U15
	4.	Shot Putt	U17
1.00	5.	Pole Vault	Sen
	6.	Long Jump	U13
	7.	Shot Putt	U15
	8.	Discus	Sen
1.45	9.	High Jump	Sen

2.00	10.	Javelin **	U15
	11.	Long Jump	U17
3.00	12.	Javelin **	U17
	13.	Long Jump	U15
	14.	Shot Putt	Sen
3.30	15.	High Jump	U17
4.00	16.	Triple Jump *	Sen
	17.	Javelin	Sen
	18.	Shot Putt	U13

* Field event 2 and 16, LJ and TJ (Sen) will alternate at each meeting. LJ (Sen) will take place at 12.00 in the 1st and 3rd Meeting in 2019 with TJ (Sen) at 4.00pm.

** Field Event Number 10 and 12 (U15 / U17 Discus / Javelin) will alternate at each meeting. U15 and U17 Javelin will take place at the 2nd meeting in 2019.