

Scottish Athletics League 2016

Track Programme			Field Programme		
<u>Time</u>	<u>(Match 4)</u>	<u>Event</u>	<u>Time</u>	<u>Division 1</u>	<u>Division 2</u>
13:00	(12:30)	400m hurdles – Division 1 (A) 400m hurdles – Division 1 (B) 400m hurdles – Division 2 (A) 400m hurdles – Division 2 (B)	12:00 12:00 12:00	Pole Vault Javelin -	Pole Vault Long Jump High Jump
13:20	(12:50)	800m – Division 1 (A) 800m – Division 1 (B) 800m – Division 2 (A) 800m – Division 2 (B)	13:00 13:00	Long Jump Shot	Javelin (Replaced by Hammer at Match 2)
13:45	(13:15)	100m – Division 1 (A) 100m – Division 1 (B) 100m – Division 2 (A) 100m – Division 2 (B) 100m – Guest			
14:15	(13:45)	3000m steeplechase – Div 1&2 (A&B)	14:00 14:00	High Jump Hammer (A string only at Match 4)	Triple Jump (A string Hammer at Match 4)
14:35	(14:05)	110m hurdles – Division 1 (A) 110m hurdles – Division 1 (B) 110m hurdles – Division 2 (A) 110m hurdles – Division 2 (B)			
14:50	(14:20)	400m – Division 1 (A) 400m – Division 1 (B) 400m – Division 2 (A) 400m – Division 2 (B)			
15:15	(14:45)	1500m – Division 1 (A & B) 1500m – Division 2 (A & B)	15:00 15:00	Triple Jump Discus	Shot -
15:35	(15:05)	200m – Division 1 (A) 200m – Division 1 (B) 200m – Division 2 (A) 200m – Division 2 (B)			
16:00	(15:30)	5000m– Division 1 & 2 (A & B) (At match 4 replaced by 10,000m)	16:00	-	Discus (Replaced by Hammer at Match 1)
16:25	(16:15)	4 × 100m relay – Division 1 4 × 100m relay – Division 2			
16:40	(16:30)	4 × 400m relay – Division 1 4 × 400m relay – Division 2			

Note that the track programme starts at 13:00 at Matches 1, 2 & 3 but starts earlier at 12:30 at Match 4 to allow the 5,000m to be replaced by a 10,000m. The field programme starts at 12:00 at all four matches.

Match 1: Sunday 8th May 2016 at Grangemouth

Match 2: Sunday 12th June 2016 at Aberdeen

Match 3: Sunday 17th July 2016 at Grangemouth

Match 4: Saturday 27th August 2016 at Grangemouth