

Scottish Athletics League 2019

Note the earlier start time for track events at Match 2 to accommodate the 10,000m

Track Programme			Field Programme		
<u>Time</u>	<u>(Match 2)</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 Long Jump Javelin	Pole Vault 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	Shot Put -	Long Jump Javelin (Replaced by Hammer at Match 3)
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)	3,000m steeplechase – Div 1&2 (A&B)	14:00	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)	14:00 14:00	High Jump Hammer (A string only at Match 4)	-
14:50	(14:20)	400m – Division 1 (A) 400m – Division 1 (B) 400m – Division 2 (A) 400m – Division 2 (B)			
15:15	(14:45)	1,500m – Division 1 (A & B) 1,500m – Division 2 (A & B)	15:00 15:00	Discus -	Triple Jump Shot Put
15:35	(15:05)	200m – Division 1 (A) 200m – Division 1 (B) 200m – Division 2 (A) 200m – Division 2 (B)			
16:00	(15:30)	5,000m– Division 1 & 2 (A & B) (At match 2 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			

Match 1: Saturday 4th May 2019 at Grangemouth

Match 2: Sunday 16th June 2019 at Grangemouth

Match 3: Sunday 21st July 2019 at Aberdeen

Match 4: Saturday 31st August 2019 at Grangemouth