

## Timetable for SIAB Track and Field, Grangemouth 2023

<u>TRACK</u>	<u>TIME</u>	<u>FIELD</u>
	10.30	Boys Hammer
	11.30	Girls Hammer
Girls & Boys 3k Walk	12.30	
Girls 300m Hur	12.50	
Boys 400m Hur	1.00	Boys Pole Vault
		Girls Javelin
		Boys Long Jump
		Girls High Jump
Girls 800m	1.10	
Boys 800m	1.15	
Girls NS 100m	1.20	
Boys NS 100m	1.25	
Girls 100m	1.30	
Boys 100m	1.35	
Girls 3k	1.45	
Boys 3k	2.00	Girls Long Jump
		Boys Discus
		Girls Shot Putt
Boys 400m	2.10	
Girls 300m	2.20	
Girls 200m	2.30	
Boys 200m	2.35	
Boys 100m Hur	2.50	

**TRACK****TIME****FIELD**

Girls 80m Hur

3.00

Girls Pole Vault

Boys Javelin

Girls Triple Jump

Boys High Jump

Girls 1500m

3.10

Boys 1500m

3.20

Boys 1500m S/C

3.30

Girls 1500m S/C

3.45

Girls 4 x 100m Relay

4.00

Girls Discus

Boys Triple Jump

Boys Shot Putt

Boys 4 x 100m Relay

4.10

Girls 4 x 300m Relay

4.20

Boys 4 x 400m Relay

4.30