

**Giffnock North AC Club Track & Field Championships – Ayrshire Arena (Kilmarnock)
Sunday 23rd September 2018 : Timetable of Events**

10.00	1500 metres	U13 Girls and Boys	10.00	Shot Putt	U11 girls Pool A
10.05	1500 metres	U15 Girls and Boys	11.05	Shot Putt	U17 W & M
10.10	1500 metres	U17 W&M Sen M VW&VM	11.20	Shot Putt	Vet W
10.15	70m Hurdles	U13 girls	11.30	Shot Putt	U13 girls Pool A
10.25	75m Hurdles	U13 boys	12.40	Shot Putt	U11 boys Pool A
10.35	75m Hurdles	U15 girls	1.50	Shot Putt	U15 boys
10.40	80m Hurdles	U17 women	2.00	Shot Putt	U15 girls
10.45	100m Hurdles	U17 Men & Sen Women	3.40	Shot Putt	U13 boys
11.00	100 metres	U13 girls			
11.20	100 metres	U13 boys	10.10	Discus	U17M&W/Sen/VW
11.35	100 metres	U15 girls	11.00	Shot Putt	U11 boys Pool B
11.45	100 metres	U15 boys & U17W	12.10	Discus	U15 girls
11.50	100 metres	U17 Men	12.45	Discus	U15 boys
12.00	100 metres	Vet Women	1.00	Shot Putt	U11 girls Pool B
12.05	100 metres	Sen/Vet Men	2.05	Shot Putt	Sen/Vet M
12.15	80 metres	U11boys	3.30	Shot Putt	U13 girls Pool B
12.35	80 metres	U11girls			
			10.00	Long Jump	U11 boys Pool A
12.55	LUNCH		11.00	Long Jump	U11 girls Pool A
			12.15	Long Jump	U17 W & M
1.15	800 metres	U13 girls	1.15	Long Jump	U15 boys
1.25	800 metres	U13 boys	1.40	Long Jump	U13 girls Pool A
1.35	800 metres	U15 girls	2.30	Long Jump	U13 boys
1.45	800 metres	U15 boys	3.15	Long Jump	U15 girls
1.50	800 metres	U17/Sen /Vet Women			
1.55	800 metres	U17 Men	10.00	Long Jump	U11 boys Pool B
2.00	800 metres	Sen/Vet Men	11.05	Triple Jump	U15 boys
2.05	600 metres	U11 girls	11.30	Long Jump	U11 girls Pool B
2.15	600 metres	U11boys	12.35	Triple Jump	Vet Women
2.40	400 metres	U17/Vet Women/Vet Men	1.05	Triple Jump	U17 Men
2.45	400 metres	U17 Men	1.45	Long Jump	U13 girls Pool B
3.00	300 metres	U15 girls	2.50	Long Jump	Sen M/Vet M & W
3.10	300 metres	U15 boys			
			10.25	High Jump	U13 girls A/B
3.20	200 metres	U13 girls	11.40	High Jump	U13 boys
3.30	200 metres	U13 boys	12.20	High Jump	U15 boys
3.40	200 metres	U17/Sen/Vet Women	12.30	High Jump	U15 girls
3.45	200 metres	U17 Men	1.00	High Jump	Sen W
3.50	200 metres	Sen Men/Vet Men	2.50	High Jump	U17 Men & Women
3.55	200 metres	U15 girls			
4.05	200 metres	U15 boys	10.00	Javelin	U15 boys
			10.35	Javelin	U15 girls
			11.15	Javelin	U17 M&W
			12.25	Javelin	U13 girls A/B
			1.30	Javelin	U13 boys
			2.10	Javelin	Sen/Vet M&W

U 11 Girls	10.00	Shot Putt	A	U11 Boys	10.00	Long Jump	A
Pool A	11.00	Long Jump	A	Pool A	10.00	Long Jump	B
Pool B	11.30	Long Jump	B	Pool B	11.00	Shot Putt	B
	12.35	80 metres	A/B		12.15	80 metres	A/B
	1.00	Shot Putt	B		12.40	Shot Putt	A
	2.05	600 metres	A/B		2.15	600 metres	A/B
U 13 Girls	10.00	1500 metres		U 13 Boys	10.00	1500 metres	
Pool A	10.15	70m Hurdles	A/B	Pool A	10.25	75m Hurdles	
Pool B	10.25	High Jump		Pool B	11.20	100 metres	
	11.00	100 metres	A/B		11.30	High Jump	
	11.30	Shot Putt	A		1.25	800 metres	
	12.25	Javelin			1.30	Javelin	
	1.15	800 metres	A/B		2.30	Long Jump	
	1.40	Long Jump	A		3.30	200 metres	
	1.45	Long Jump	B		3.40	Shot Putt	
	3.20	200 metres	A/B				
	3.30	Shot Putt	B				
U15 Girls	10.05	1500 metres		U 15 Boys	10.00	Javelin	
	10.30	75m Hurdles			10.05	1500 metres	
	10.35	Javelin			11.05	Triple Jump	
	11.35	100 metres			11.45	100 metres	
	12.00	Discus			12.20	High Jump	
	12.20	High Jump			12.40	Discus	
	1.35	800 metres			1.15	Long Jump	
	2.00	Shot Putt			1.45	800 metres	
	3.00	300 metres			1.50	Shot Putt	
	3.15	Long Jump			3.10	300 metres	
	3.55	200 metres			4.05	200 metres	
U 17 Girls	10.10	1500 metres		U 17 Boys	10.10	1500 metres	
	10.10	Discus			10.10	Discus	
	10.40	80m Hurdles			10.45	100m Hurdles	
	11.05	Shot Putt			11.05	Shot Putt	
	11.45	100 metres			11.50	100 metres	
	12.15	Long Jump			12.15	Long Jump	
	1.50	800 metres			1.05	Triple Jump	
	2.10	Javelin			1.55	800 metres	
	2.40	400 metres			2.10	Javelin	
	2.50	High Jump			2.45	400 metres	
	3.40	200 metres			2.50	High Jump	
					3.45	200 metres	
Sen/ Vet Women	10.10	1500 metres	Sen VW	Senior / Vet Men	10.10	1500 metres	Sen1 VM
	10.10	Discus			10.10	Discus	
	10.45	100m Hurdles			10.45		
	11.20	Shot Putt			11.15	Javelin	
	12.00	100 metres			12.05	100 metres	
	12.35	Triple Jump			12.35	Triple Jump	
	1.00	High Jump			1.50	High Jump	
	1.50	800 metres			2.00	800m	
	2.10	Javelin			2.05	Shot Putt	
	2.40	400 metres			2.45	400 metres	
	2.50	Long Jump			2.50	Long Jump	
	3.40	200 metres			3.50	200 metres	