

**GLASGOW INDOOR CHAMPIONSHIPS 2009 : DAY ONE
28TH DECEMBER 2009 - TIMETABLE**

TRACK TIME	EVENT	AGE GROUPS	FIELD TIME	EVENT GROUPS	AGE
			11:00	Shot Putt	U11/13
12:00	800M	U13/15/17		Long Jump 1	U15/17
				High Jump 1	SH – 1.48M
				Pole Vault 1	SH – 3.07M
12:30	600M	U11			
			12:00	Shot Putt	U15/17
13:00	Sprint Hurdles	U20/Senior		Long Jump 2	
				Free take off	
13:20	60M DASH	All ages	13:00	Triple Jump 1	11.75M +
				Handicapped	U11/13/15
				High Jump 2	SH - 1.01M
				Shot Putt	U20 +
14:00	200M Round One	U20/Senior	14:00	Long Jump 3	U20 +
14:30	3/400M	U17		Pole vault	SH – 2.07M
14:45	800M Round One	U20/Senior			
			15:00	Triple Jump 2	U17 +
				Shot Putt	U20 +
15:30	200M Round Two	U20/Senior			
16:00	Sprint Hurdles	All ages			
16:30	200m Final	U20/Senior			
16:45	800M Final	U20/Senior			
17.00	Swedish Relay 400M x 200M x 100M x 100M	U15 +			

GLASGOW INDOOR ATHLETICS MEETING – SEE SEPARATE FLYER.

www.glasgowathletics.org.uk

**GLASGOW INDOOR CHAMPIONSHIPS 2009; DAY TWO
30TH DECEMBER 2009 - TIMETABLE**

TRACK TIME	EVENT	AGE GROUPS	FIELD TIME	EVENT	AGE GROUPS
			11:00	Shot Putt	U11/13
12:00	200M DASH	U13/15/17		Long Jump 1	U15/1
				High Jump 1	SH – 1.48M
				Pole Vault 1	SH – 3.11M
12:30	1200M	U17 +			
			12:00	Shot Putt	U15/17
13:10	Sprint Hurdles	U17 +		Long Jump 2	
				Free take off	U11/13
13:40	800M	U11/13/15	13:00	Triple Jump 1	11.75M +
				Handicapped	U11/13/15
				High Jump 2	SH - 2.03M
13.55	400M Round One	U17+		Shot Putt	U20 +
			14:00	Long Jump 3	U20 +
14:15	60M Dash Round One	U17 +		Pole vault	SH – 2.11M
14:45	800M	U20 +			
			15:00	Shot Putt	U20/Senior
15:30	60M Dash Round Two	U20/Senior +			
16.00	400M final				
16.15	Swedish Relay 400M x 200M x 100M x 100M	U17 +			

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Glasgow Athletics Association works with Culture and Sport Glasgow and Scottish Athletics Limited to promote and develop the sport of Athletics in Glasgow on behalf of the Glasgow Athletics Community.

Information about the work of Glasgow Athletics Association is available on the www.glasgowathletics.org.uk website and from the Glasgow Athletics Administrators, Gordon Philips - gordon.philips@csglasgow.org and Sean Watson - sean.watson@csglasgow.org

Forthcoming Events for which Glasgow Representative Teams will be selected.

Scottish Athletics Inter - Regional Match - January 2010
Indoor City Challenge - February 2010

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