

This event is held under UK Athletics Rules and scottishathletics Licence

Scottish Student Athletics Indoor Championships

Saturday 1st February 2025
Emirates Arena, Glasgow, G40 3HG

TRACK EVENTS			FIELD EVENTS		
1100	60m Heats	M/F	1200	Pole Vault	F
1150	400m Heats	M/F	1200	Long Jump	M
1220	60mH Finals	F/M			
1230	60m Semi-Finals	M/F	1300	Long Jump	F
1255	1500m Heats	M/F	1300	Shot Putt	M/F Combined
1325	60m Finals	M/F			
1335	400m Finals	M/F			
1345 – 1405 INTERVAL					
1405	200m Heats	M/F	1400	Pole Vault	M
1505	800m Heats	M/F	1445	High Jump	M
1535	3000m Final 1	M/F			
1550	200m Semi Finals	M/F	1500	Triple Jump	M/F Combined
1615	3000m Final 2	M/F	1545	High Jump	F
1635	800m Finals	M/F			
1655	200m Finals	M/F			
1705	1500m Final	M/F			
1715	4x200m Relay Final	M/F			
1725	4x400m Relay Final	M/F			
1740 TROPHY PRESENTATIONS					

Important Information:

- 1) Please listen for announcements so you are aware of any timetable changes. The timetable has been prepared based on the number of athletes who usually take part and may require alteration on the day depending on the turnout. Where Heats are not required the Final will be run at the time of the Heat
- 2) Numbers, as issued, must be worn front and back (only one number is required from PV and HJ)
- 3) Hurdles warm up should take place on the track. No other warm ups are permitted on the track
- 4) It is your responsibility to ensure you do not enter events which clash with each other, unless you are confident that you are able to cope with the clash. If a jumping event coincides with a track event, please aim to have your run up marked before the Track event starts
- 5) Please ensure that everyone enjoys themselves by cooperating with the officials who have given their own time to allow your competition to take place
- 6) Declarations open at 10am and close 60 minutes before event start time
- 7) Relay entries close at 3pm