Glasgow International Arena (Emirates Arena)

Saturday 14th November 2026

PROGRAMME OF EVENTS

	TRACK		FIELD	
10.15AM	1. 60m Hurdles	Over 16 Boys	1. Long Jump	Under 16 Girls
	2. 60m Hurdles	Under 16 Boys	2. Shot Putt	Over 16 Girls
	3. 60m Hurdles	Over 16 Girls	3. Shot Putt	Over 16 Boys
	4. 60m Hurdles	Under 16 Girls	4. Long Jump	Under 16 Boys
	5. 200m	Over 16 Boys	5. High Jump	Under 16 Girls
	6. 200m	Under 16 Boys	6. Long Jump	Over 16 Girls
			7. Shot Putt	Under 16 Boys
			8. Long Jump	Over 16 Boys
			9. High Jump	Over 16 Girls
			10. Shot Putt	Under 16 Girls
	7. 800 m	Under 16 Boys		
	8. 800 m	Over 16 Boys		
	9. 800 m	Under 16 Girls		
	10. 800 m	Over 16 Girls		

No times are given for events to take place. Each event will follow after the required rest period. All 800m races will be heated according to the points scored after four events.