

Forth Valley League 2026 Division 1

Grangemouth Stadium - Sunday 7th June

Div 1 Teams:

Borders, Pitreavie A Team, Edinburgh AC, Cumbernauld Central, Harmeny A Team

TRACK			FIELD		
9.50am	U14 Girls A	75m hurdles	9.45am	U12 Girls	Quoit Throw
9.55	U14 Girls B	75m hurdles	9.45am	U12 Boys	Long Jump
			9.45am	U14 Boys	Javelin
10.00am	U12 Girls A	150m	9.45am	U16 Girls	High Jump
10.04	U12 Girls B	150m			
10.08	U12 Boys A	150m	10.30am	U12 Boys	Quoit Throw
10.12	U12 Boys B	150m	10.30am	U12 Girls	Long Jump
10.20am	U14 Girls A	200m	10.30am	U14 Girls	Javelin
10.24	U14 Girls B	200m	10.30am	U16 Boys	Shot Put
10.28	U14 Boys A	200m			
10.32	U14 Boys B	200m	11.15am	U14 Boys	Long Jump
10.36	U16 Girls A	200m	11.15am	U14 Girls	Long Jump
10.40	U16 Girls B	200m	11.15am	U16 Girls	Shot Put
10.44	U16 Boys A	200m	11.15am	U16 Boys	High Jump
10.48	U15 Boys B	200m			
11.00am	U12 Girls A & B	600m			
11.05	U12 Boys A & B	600m			
11.15	U14 Girls A & B	1500m			
11.25	U14 Boys A & B	1500m			
11.35	U16 Girls A & B	1500m			
11.45	U16 Boys A & B	1500m			
11.55am	U12 Mixed Relay - A String	4 x 100m			
12.00	U12 Mixed Relay - B String	4 x 100m			
12.05	U14 Mixed Relay - A String	4 x 100m			
12.10	U14 Mixed Relay - B String	4 x 100m			
12.15	U16 Mixed Relay - A String	4 x 100m			
12.20	U16 Mixed Relay - B String	4 x 100m			

Note for athletes and Team Managers:

Track start times are indicative only and may run ahead of advertised time