

April				May				June				July				August				Sep					
Competition Period																									
Low						High														Low					
1	3	8	10			1	6	8	3	5	10	12	1	3	8	10	5	6	12	14	2	4	9	11	
15	17	22	24	13	15	20	22	17	19	24	26	15	17	22	14	19	21	26	28	16	18	23	25		
29				27	29							29	31									30			
				Grangemouth OGM 01/05				SYAL Kilmarnock 01/06				Grangemouth OGM 02/07				Grangemouth OGM 06/08				Grangemouth OGM 03/09					
				SYAL Grangemouth 04/05				SSAA qualifying Grangemouth 07/06				National Superteams Combined Events													
Ayrshire OGM Kilmarnock 13/04								Ayrshire Champs Kilmarnock 11/06				Grangemouth 05/06- 07				Celtic Games Ireland 09/08				Inverness OGM 07/09					
				Linwood Run Jump Throw 14/05				SSAA Pentathlon Grangemouth 14/06				Inverness OGM 06/07				SYAL Grangemouth final 10/08				Dumfries 14/09					
Dumfries OGM 27/04								SSAA U15 Inter Area 19/06								Linwood OGM 20/08				Tayside & Fife Open Combined events Perth					
Linwood OGM 30/04				West District Champ Kilmarnock 23/05				SSAA final Hamden 20/06								Age Group U13/U15 Aberdeen 23/24/08									
				Linwood OGM 28/05				Queens Baton GGM Kilmarnock 21/06																	
								SYAL Grangemouth 22/06								Ayrshire OGM Kilmarnock 27/08									