

Competitions by Date

| Date | Event | Location | Event Group | Scoring Events |
|------------|---|------------------------------------|-------------|-----------------------------|
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Endurance | 3000m |
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Jumps | LJ/HJ/TJ |
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Sprints | Hur/100m/200m/400m |
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Throws | SP/DT/JT/HT |
| 13/04/2019 | Throws GP1 | Queens Park, Inverness | Throws | SP/DT/JT/HT |
| 19/04/2019 | GAA Miler Meet: Night of the 10ks | Crownpoint, Glasgow | Endurance | 10000m |
| 21/04/2019 | Knockando Jumps OGM | Knockando, Elgin | Jumps | LJ/TJ |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Jumps | LJ |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Sprints | 100m/300m/400m |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Throws | SP |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Endurance | 1500m |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Sprints | Hur/100m/200m/400m |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Throws | SP/DT/JT/HT |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Endurance | 800m/1500m/5000m/ SC |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Jumps | LJ/TJ/HJ/PV |
| 10/05/2019 | scottishathletics National Outdoor Open | Grangemouth/ Inverness | Sprints | Hur/100m/200m/400m |
| 10/05/2019 | scottishathletics National Outdoor Open | Inverness/ Kilmarnock | Throws | SP/DT/JT/HT |
| 10/05/2019 | scottishathletics National Outdoor Open | Inverness/ Kilmarnock | Endurance | 800m/1500m/5000m/ SC |
| 10/05/2019 | scottishathletics National Outdoor Open | Grangemouth/ Inverness | Jumps | LJ/TJ/HJ/PV |
| 24/05/2019 | The Monument Mile Classic | Stirling | Endurance | Mile |
| 25/05/2019 | Throws GP2 | Livingston | Throws | SP/DT/JT/HT |
| 26/05/2019 | SAL Jumps Series (1) | Aberdeen | Jumps | LJ/TJ/HJ |
| 26/05/2019 | scottishathletics National Open 5000m Races | Aberdeen | Endurance | 5000m |
| 29/05/2019 | GAA Sprints Gala | Crown Point / Scotstoun | Sprints | 100m/300m |
| 31/05/2019 | GAA Miler Meet | Scotstoun, Glasgow | Endurance | 800m/3000m (U17+ only) / SC |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Sprints | Hurdles/100m/300m/400m |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Throws | HT/SP |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Jumps | LJ/TJ |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Endurance | 1500m |
| 28/06/2019 | GAA Sprints Gala | Scotstoun, Glasgow | Jumps | HJ |
| 28/06/2019 | GAA Sprints Gala - Run With Wind | Scotstoun, Glasgow | Sprints | Hurdles / 100m / 200m |
| 28/06/2019 | Pole Vault Grand Prix | Scotstoun, Glasgow | Jumps | PV |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Sprints | Hur/100m/200m/400m |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Jumps | LJ/HJ/PV |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Throws | SP/DT/JT |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Endurance | 800m/1500m |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Sprints | Hurdles |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Endurance | 800m/1500m/SC |
| 14/07/2019 | scottishathletics National Hurdles Open | Grangemouth | Sprints | Hurdles |
| 24/07/2019 | GAA Sprints Gala | Scotstoun, Glasgow | Jumps | LJ |
| 24/07/2019 | GAA Sprints Gala - Run With Wind | Scotstoun, Glasgow | Sprints | Hurdles / 400m |
| 26/07/2019 | GAA Miler Meet | Scotstoun, Glasgow | Endurance | 1500m/5000m |
| 26/07/2019 | Pole Vault Grand Prix | Scotstoun, Glasgow | Jumps | PV |
| 27/07/2019 | Throws GP3 | Livingston | Throws | SP/DT/JT/HT |
| 28/07/2019 | SAL Jumps Series (2) | Pitreavie | Jumps | LJ/TJ/HJ |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Sprints | Hur/100m/200m/ 400m |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Endurance | 800m/1500m/5000m/SC |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Sprints | Hur/100m/200m/ 400m |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Endurance | 800m/1500m/5000m/SC |
| 24/08/2019 | Throws GP4 | Livingston | Throws | SP/DT/JT/HT |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Sprints | 100m/300m/400m |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Throws | SP/JT |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Jumps | LJ |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Endurance | Mile |
| 25/08/2019 | Knockando Jumps OGM | Knockando, Elgin | Jumps | LJ/TJ |
| 31/08/2019 | scottishathletics Masters 10000m Championships | Carluke | Endurance | 10000m |
| 31/08/2019 | Team East Lothian OGM | Meadowmill | Endurance | Steeplechase |
| 01/09/2019 | Pole Vault Grand Prix | Pitreavie | Jumps | PV |
| 14/09/2019 | SAL Jumps Series (3) | Linwood | Jumps | LJ/TJ/HJ |
| | Inverness Harriers OGM | Queens Park, Inverness | Sprints | Sprints |
| | Inverness Harriers OGM | Queens Park, Inverness | Jumps | HJ |
| | Inverness Harriers OGM | Queens Park, Inverness | Endurance | Steeplechase |

Competitions by Event Group

| Date | Event | Location | Event Group | Scoring Events |
|------------|---|------------------------------------|-------------|-----------------------------|
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Endurance | 3000m |
| 19/04/2019 | GAA Miler Meet: Night of the 10Ks | Crownpoint, Glasgow | Endurance | 10000m |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Endurance | 1500m |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Endurance | 800m/1500m/5000m/ SC |
| 10/05/2019 | scottishathletics National Outdoor Open | Inverness/ Kilmarnock | Endurance | 800m/1500m/5000m/ SC |
| 24/05/2019 | The Monument Mile Classic | Stirling | Endurance | Mile |
| 26/05/2019 | scottishathletics National Open 5000m Races | Aberdeen | Endurance | 5000m |
| 31/05/2019 | GAA Miler Meet | Scotstoun, Glasgow | Endurance | 800m/3000m (U17+ only) / SC |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Endurance | 1500m |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Endurance | 800m/1500m |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Endurance | 800m/1500m/SC |
| 26/07/2019 | GAA Miler Meet | Scotstoun, Glasgow | Endurance | 1500m/5000m |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Endurance | 800m/1500m/5000m/SC |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Endurance | 800m/1500m/5000m/SC |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Endurance | Mile |
| 31/08/2019 | scottishathletics Masters 10000m Championships | Carluke | Endurance | 10000m |
| 31/08/2019 | Team East Lothian OGM | Meadowmill | Endurance | Steeplechase |
| | Inverness Harriers OGM | Queens Park, Inverness | Endurance | Steeplechase |

| Date | Event | Location | Event Group | Scoring Events |
|------------|---|------------------------------------|-------------|----------------|
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Jumps | LJ/HJ/TJ |
| 21/04/2019 | Knockando Jumps OGM | Knockando, Elgin | Jumps | LJ/TJ |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Jumps | LJ |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Jumps | LJ/TJ/HJ/PV |
| 10/05/2019 | scottishathletics National Outdoor Open | Grangemouth/ Inverness | Jumps | LJ/TJ/HJ/PV |
| 26/05/2019 | SAL Jumps Series (1) | Aberdeen | Jumps | LJ/TJ/HJ |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Jumps | LJ/TJ |
| 28/06/2019 | GAA Sprints Gala | Scotstoun, Glasgow | Jumps | HJ |
| 28/06/2019 | Pole Vault Grand Prix | Scotstoun, Glasgow | Jumps | PV |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Jumps | LJ/HJ/PV |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 24/07/2019 | GAA Sprints Gala | Scotstoun, Glasgow | Jumps | LJ |
| 26/07/2019 | Pole Vault Grand Prix | Scotstoun, Glasgow | Jumps | PV |
| 28/07/2019 | SAL Jumps Series (2) | Pitreavie | Jumps | LJ/TJ/HJ |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Jumps | LJ/TJ/HJ/PV |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Jumps | LJ |
| 25/08/2019 | Knockando Jumps OGM | Knockando, Elgin | Jumps | LJ/TJ |
| 01/09/2019 | Pole Vault Grand Prix | Pitreavie | Jumps | PV |
| 14/09/2019 | SAL Jumps Series (3) | Linwood | Jumps | LJ/TJ/HJ |
| | Inverness Harriers OGM | Queens Park, Inverness | Jumps | HJ |

| Date | Event | Location | Event Group | Scoring Events |
|------------|---|------------------------------------|-------------|------------------------|
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Sprints | Hur/100m/200m/400m |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Sprints | 100m/300m/400m |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Sprints | Hur/100m/200m/400m |
| 10/05/2019 | scottishathletics National Outdoor Open | Grangemouth/ Inverness | Sprints | Hur/100m/200m/400m |
| 29/05/2019 | GAA Sprints Gala | Crown Point / Scotstoun | Sprints | 300m |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Sprints | Hurdles/100m/300m/400m |
| 28/06/2019 | GAA Sprints Gala - Run With Wind | Scotstoun, Glasgow | Sprints | Hurdles / 100m / 200m |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Sprints | Hur/100m/200m/400m |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Sprints | Hurdles |
| 14/07/2019 | scottishathletics National Hurdles Open | Grangemouth | Sprints | Hurdles |
| 24/07/2019 | GAA Sprints Gala - Run With Wind | Scotstoun, Glasgow | Sprints | Hurdles / 400m |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Sprints | Hur/100m/200m/ 400m |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Sprints | Hur/100m/200m/ 400m |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Sprints | 100m/300m/400m |
| | Inverness Harriers OGM | Queens Park, Inverness | Sprints | Sprints |
| | Shetland AAC Club Championships | Clickimin, Shetland | Sprints | TBC |

| Date | Event | Location | Event Group | Scoring Events |
|------------|---|------------------------------------|-------------|----------------|
| 23/03/2019 | Shetland Spring Open / Trials | Clickimin, Shetland | Throws | SP/DT/JT/HT |
| 13/04/2019 | Throws GP1 | Queens Park, Inverness | Throws | SP/DT/JT/HT |
| 21/04/2019 | Shetland AAC OGM 1 | Clickimin, Shetland | Throws | SP |
| 10/05/2019 | scottishathletics District Championships | Grangemouth/ Inverness/ Kilmarnock | Throws | SP/DT/JT/HT |
| 10/05/2019 | scottishathletics National Outdoor Open | Inverness/ Kilmarnock | Throws | SP/DT/JT/HT |
| 25/05/2019 | Throws GP2 | Livingston | Throws | SP/DT/JT/HT |
| 16/06/2019 | Shetland AAC OGM 2 | Clickimin, Shetland | Throws | HT/SP |
| 13/07/2019 | scottishathletics Combined Events Championships | Grangemouth | Throws | SP/DT/JT |
| 13/07/2019 | scottishathletics Masters Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 27/07/2019 | Throws GP3 | Livingston | Throws | SP/DT/JT/HT |
| 10/08/2019 | scottishathletics U13/U15/U20 Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 17/08/2019 | scottishathletics Senior & U17 Championships | Grangemouth | Throws | SP/DT/JT/HT |
| 24/08/2019 | Throws GP4 | Livingston | Throws | SP/DT/JT/HT |
| 25/08/2019 | Shetland AAC OGM 5 | Clickimin, Shetland | Throws | SP/JT |