

LIVINGSTON OPEN MEETING

Wednesday 22nd April 2015

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK		FIELD	
7.00	300m (7 heats)	Long Jump (U11)	
		High Jump (U15 – SEN)	
		Javelin (U13 – U15)	
		Shot Putt (U17 – SEN)	
7.15		Long Jump (U13)	
7.30	400m (3 heats)		
7.45	100m (18 heats)	Shot Putt (U11 – U13)	
8.00		Javelin (U17 – SEN)	
		High Jump (U11 – U13)	
8.15		Triple Jump	
		Shot Putt (U15)	
8.30	800m (7 heats)		

- Declarations will open at 6.00 PM in the athletics pavilion and will close 30 minutes before the published start time of each event.
- Track events will be seeded based on performance, with the heats ordered fastest to slowest, except the 800m which will be ordered slowest to fastest.
- This is a **scottish**athletics permit event run under UK Athletics rules.