



LIVINGSTON OPEN MEETING

Wednesday 15th July 2015

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45			Long Jump	(U13)
			High Jump	(U15 – SEN)
7.00	800m	(1 heat)	Shot Putt	(U15)
			Javelin	(U17 – SEN)
7.15	100m	(15 heats)	Triple Jump	
7.30			Shot Putt	(U17 – SEN)
7.45			Long Jump	(U15)
8.00	400m	(3 heats)	Long Jump	(U11)
			High Jump	(U11 – U13)
			Javelin	(U13 – U15)
8.10	300m	(5 heats)	Shot Putt	(U11 – U13)
8.30	1500m	(5 heats)	Long Jump	(U17 – SEN)

- 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 1500m which will be ordered slowest to fastest.
- This is a **scottish**athletics permit event run under UK Athletics rules.