

# ***LIVINGSTON OPEN MEETING***

**Wednesday 19 April 2017**

**Craigswood Sports Centre, Livingston**

# **TIMETABLE**

	<b>TRACK</b>		<b>FIELD</b>	
6.45	80m	(3 heats)	High Jump	(Pool 1)
			Long Jump	(U13)
7.00	100m (R1)	(11 heats)	Javelin	(U13 – U15)
			Shot Putt	(U17 – SEN)
7.15			Long Jump	(U11)
7.30	300m	(4 heats)		
7.45	400m	(3 heats)	Shot Putt	(U11 – U13)
			Triple Jump	
8.00	100m (R2)	(6 heats)	High Jump	(Pool 2)
			Javelin	(U17 – SEN)
8.15	600m	(1 heat)	Long Jump	(U15 – SEN)
8.30	1200m	(1 heat)	Shot Putt	(U15)
8.35	1500m	(5 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 1500m heats which will be ordered slowest to fastest.

scottishathletics permit event run under UK Athletics rules