

2010 CLUB CHAMPIONSHIPS

Sunday, 19th September 2010, 11.30 AM – 4.00 PM
Grangemouth Stadium, Grangemouth

TIMETABLE

TRACK		FIELD
11.30		Long Jump (U15/U17/Sen)
12.00	100m	
12.30		Long Jump (U11/U13)
12.40	60m (U9)	
13.00	400m	Standing Long Jump (U9)
13.10	300m	
13.15	LUNCH BREAK	
13.45		Shot Putt (U11+)
14.10	200m	Shot Putt (U9)
14.30		High Jump
14.40		Javelin
15.00	800m	
15.45	The 'Run and Become' Medley Relay	

Registration from 10.30.

MEDLEY RELAY SPONSORED BY:



CHAMPIONSHIPS SUPPORTED BY:

