

## CLUB CHAMPIONSHIPS

Sunday 18<sup>th</sup> September 2011, 11.30AM – 4.00PM

Craigswood Sports Centre, Livingston

# TIMETABLE

TRACK		FIELD
11.30		Long Jump (U15-SEN)
12.00	100m	Shot Putt (U9)
12.30		Long Jump (U11-U13)
12.45	60m	
13.00	400m	Javelin
13.10	300m	
<b>LUNCH BREAK</b>		
14.00	200m	Shot Putt (U15-SEN) Standing Long Jump
14.15		High Jump
15.00	800m	Shot Putt (U11-U13)
15.45	Medley Relay	

- Declarations will open at 11.00AM in the athletics pavilion and close 45 minutes before the start time of each event.