



CLUB CHAMPIONSHIPS

Sunday 16th September 2012, 11.30AM – 4.00PM
Craigswood Sports Centre, Livingston

TIMETABLE

TRACK		FIELD
11.30		Long Jump (U15-SEN)
12.00	100m	
12.30		Long Jump (U11-U13)
12.45	60m	
13.00	400m	Javelin
13.10	300m	
LUNCH BREAK		
14.00	200m	Shot Putt (U15-SEN) Standing Long Jump
14.15		High Jump (U11-U13)
14.45	600m	High Jump (U15-SEN)
15.00	800m	Shot Putt (U9-U13)
15.45	Medley Relay	

- Declarations will open at 11.00AM in the athletics pavilion and will close 30 minutes before the published start time of each event.
- Track heats will be organised by age group and run youngest to oldest.
- This is a **scottish** athletics permit event run under UK Athletics rules.