

# ***LIVINGSTON OPEN MEETING***

Wednesday 29<sup>th</sup> May 2013, 7 PM – 9 PM

Craigswood Sports Centre, Livingston

# **TIMETABLE**

<b>TRACK</b>		<b>FIELD</b>
7.00	80/100m Hurdles (1 heat)	High Jump
		Long Jump (U15 - SEN)
		Shot Putt (U11 – U13)
7.10	75m Hurdles (2 heats)	
7.25	70m Hurdles (2 heats)	
7.40	800m (2 heats)	
7.50	200m (20 heats)	Long Jump (U13)
8.00		Long Jump (U11)
8.15		Shot Putt (U15 – SEN)
8.50	1500m (2 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.
- This is a **scottish**athletics permit event run under UK Athletics rules.