

LIVINGSTON OPEN MEETING

Wednesday 16th July 2014

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45			Long Jump	(U13)
7.00	800m	(1 heat)	Long Jump	(U11)
			Shot Putt	(U15 – SEN)
			High Jump	(U15 – SEN)
7.15	100m	(15 heats)		
7.45			Long Jump	(U15)
			Javelin	(U13-U15)
8.00			High Jump	(U11 – U13)
			Shot Putt	(U11 – U13)
8.15	400m	(3 heats)	Long Jump	(U17 – SEN)
8.30	300m	(3 heats)	Javelin	(U17-SEN)
8.45	1500m	(3 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 which will be slowest to fastest.
- This is a **scottish**athletics permit event run under UK Athletics rules.