



LIVINGSTON OPEN MEETING

Wednesday 20th August 2014

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45	150m	(1 heat)	High Jump	(U11 – U13)
			Long Jump	(U15)
7.00	200m	(22 heats)	Shot Putt	(U11 – U13)
			Long Jump	(U17 – SEN)
7.30			Long Jump	(U13B)
8.00			Long Jump	(U11)
			High Jump	(U15 – SEN)
			Shot Putt	(U15 – SEN)
8.10	800m	(8 heats)		
8.15			Long Jump	(U13G)
8.50	3000m	(1 heat)		

- 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.