



# ***LIVINGSTON OPEN MEETING***

**Wednesday 19<sup>th</sup> August 2015**

**Craigswood Sports Centre, Livingston**

# **TIMETABLE**

<b>TRACK</b>			<b>FIELD</b>	
<b>6.45</b>			<b>Long Jump</b>	<b>(U15)</b>
			<b>Long Jump</b>	<b>(U17 – SEN)</b>
			<b>High Jump</b>	<b>(U11 – U13)</b>
<b>7.00</b>	<b>200m</b>	<b>(19 heats)</b>	<b>Shot Putt</b>	<b>(U17 – SEN)</b>
<b>7.30</b>			<b>Long Jump</b>	<b>(U11)</b>
<b>7.45</b>			<b>Shot Putt</b>	<b>(U11 – U13)</b>
<b>8.00</b>	<b>800m</b>	<b>(6 heats)</b>	<b>High Jump</b>	<b>(U15 – SEN)</b>
			<b>Long Jump</b>	<b>(U13G)</b>
<b>8.15</b>			<b>Long Jump</b>	<b>(U13B)</b>
<b>8.30</b>			<b>Shot Putt</b>	<b>(U15)</b>
<b>8.45</b>	<b>3000m</b>	<b>(1 heat)</b>		

- 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 200m heats ordered fastest to slowest and the 800m heats ordered slowest to fastest.

**scottishathletics** permit event run under UK Athletics rules

**[www.livingstonac.com/open](http://www.livingstonac.com/open)**