

FALKIRK & LIVINGSTON CLUB CHAMPIONSHIPS

Saturday 12th September 2015, Grangemouth Stadium

TIMETABLE

	U9	U11	U13	U15	U17	U20/SEN/MAS
11.15	Standing Long Jump		1500m	1500m	1500m	1500m
11.30		High Jump	High Jump	Long Jump	Long Jump	Long Jump
			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
				Hammer	Hammer	Hammer
12.00		100m	100m	100m	100m	100m
			Shot Putt			
12.30	60m	Long Jump	Javelin	Javelin	Javelin	Javelin
13.00					400m (M)	400m
13.15				300m	300m (W)	
14.00		200m	200m	200m	200m	200m
	Shot Putt	Shot Putt	Long Jump	Discus	Discus	Discus
			Discus			
14.30				High Jump	High Jump	High Jump
14.45	600m					
15.00		800m	800m	800m	800m	800m
				Shot Putt	Shot Putt	Shot Putt
				Triple Jump (B)	Triple Jump	Triple Jump
15.45		Relay	Relay	Relay	Relay	Relay

- Declarations will open at 10.15AM in the stadium café.
- Track heats will organised by age group and run youngest to oldest.