

# ***LIVINGSTON OPEN MEETING***

**Wednesday 17 April 2019**

**Craigswood Sports Centre, Livingston**

# **TIMETABLE**

<b>TRACK</b>			<b>FIELD</b>	
<b>6.45</b>	<b>80m</b>	(2 heats)	<b>High Jump</b>	(St. Ht. 1.11m)
			<b>Long Jump</b>	(U13)
<b>7.00</b>	<b>100m</b>	(16 heats)	<b>Javelin</b>	(U13-U15)
			<b>Shot Putt</b>	(U17-SEN)
<b>7.30</b>			<b>Long Jump</b>	(U11)
			<b>Shot Putt</b>	(U15)
<b>7.45</b>	<b>400m</b>	(5 heats)	<b>High Jump</b>	(St. Ht. 1.31m)
<b>8.00</b>	<b>300m</b>	(5 heats)	<b>Shot Putt</b>	(U11-U13)
			<b>Long Jump</b>	(U17-SEN)
			<b>Javelin</b>	(U17-SEN)
<b>8.15</b>	<b>600m</b>	(1 heat)	<b>High Jump</b>	(St. Ht. 0.96m)
<b>8.20</b>	<b>800m</b>	(10 heats)		
<b>8.30</b>			<b>Long Jump</b>	(U15)

Track events will be seeded based on performance, with the heats ordered fastest to slowest.

scottishathletics licensed event run under UK Athletics rules