

# 2009 CLUB CHAMPIONSHIPS

Saturday, 22<sup>nd</sup> August 2009, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

## TIMETABLE

### TRACK

11.30

12.00 100m

12.30

12.40 60m (U9)

13.00 400m

13.10 300m

13.15 **LUNCH BREAK**

13.45

14.10 200m

14.45

15.00 800m

15.45 The 'Run and Become' Medley Relay

### FIELD

Long Jump (U15/U17/Sen)

Long Jump (U11/U13)

Standing Long Jump (U9)

Javelin

Shot Putt

MEDLEY RELAY SPONSORED BY:



**Run and Become**

**Become and Run**

Scotland's Specialist  
Running Store

[www.runandbecome.com](http://www.runandbecome.com)

Registration from 10.30 in the  
athletics pavilion.