

2008 CLUB CHAMPIONSHIPS

Saturday, 16th August 2008, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK TIMETABLE

100m	12.00
300m	13.00
400m	13.15
200m	14.00
800m	15.15
The 'Run and Become' Medley Relay	15.55

FIELD TIMETABLE

Long Jump (U15/U17/Seniors)	11.30
Long Jump (U11/U13)	12.25
Javelin	13.20
Shot Putt	14.30

MEDLEY RELAY SPONSORED BY:



Run and Become
Become and Run
Scotland's Specialist
Running Store

www.runandbecome.com

www.livingstonaac.com