

LIVINGSTON OPEN MEETING

Wednesday 17th April 2013, 7 PM – 9 PM
Craigswood Sports Centre, Livingston

TIMETABLE

TRACK		FIELD	
7.00		Shot Putt	(U11/U13/U15)
		Long Jump	(U13)
7.15	400m (4 heats)		
7.30	300m (3 heats)	High Jump	
		Shot Putt	(U17/SEN)
7.45	100m (14 heats)	Long Jump	(U11)
8.00		Javelin	
8.30	800m (6 heats)	Triple Jump	

- 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 heats ordered fastest to slowest.
- This is a **scottish**athletics permit event run under UK Athletics rules.