

# LIVINGSTON OPEN MEETING

Wednesday 21<sup>st</sup> August 2013

Craigswood Sports Centre, Livingston

# TIMETABLE

TRACK		FIELD	
7.00	800m (8 heats)	Long Jump	(U11)
		Long Jump	(U13)
		High Jump	(U15 – SEN)
7.45	100m (18 heats)	Shot Putt	(U11 – U13)
		High Jump	(U11 – U13)
8.00		Long Jump	(U15 – SEN)
8.30		Shot Putt	(U15 – SEN)
8.45	300m (4 heats)		
9.00	400m (3 heats)		

- 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.