

CLUB CHAMPIONSHIPS

Sunday 29th September 2013, 11.30AM – 4.00PM
Craigswood Sports Centre, Livingston

TIMETABLE

	TRACK	FIELD
11.30	75m/100m Hurdles	Long Jump (U15-SEN)
11.45	70m Hurdles	
12.00	100m	
12.30		Long Jump (U11)
12.45	60m	Javelin
13.00	400m	
13.15	300m	
	LUNCH BREAK	
14.00	200m	Shot Putt (U15-SEN) Standing Long Jump
14.15		Long Jump (U13)
14.30		High Jump
14.45	600m	
15.00	800m	Shot Putt (U9-U13)
15.45	'Run 4 It' Medley Relay	

- Declarations will open at 11.00AM in the athletics pavilion.
- Track heats will organised by age group and run youngest to oldest.
- This is a **scottish**athletics permit event run under UK Athletics rules.