



CLUB CHAMPIONSHIPS

Sunday 14th September 2014, 11.00AM – 4.00PM

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK	FIELD
11.00 1500m (2 heats)	
11.20 70m Hurdles (1 heat)	
11.30 75m Hurdles (2 heats)	High Jump (U11-U13) Shot Putt (U15) Long Jump (U17-SEN)
11.45 80m/100m Hurdles (1 heat)	
12.00 100m (20 Heats)	
12.30	Shot Putt (U13) Long Jump (U15) Javelin (U15-SEN)
12.55 60m (1 heat)	
13.00 400m (3 heats)	Long Jump (U11)
13.15 300m (3 heats)	
LUNCH BREAK	
14.00 200m (22 Heats)	Shot Putt (U9-U11) Long Jump (U13) High Jump (U15-SEN)
14.40	Shot Putt (U17-SEN)
15.00 600m (1 heat)	Standing Long Jump (U9) Javelin (U13) Triple Jump (U15B-SEN)
15.10 800m (5 heats)	
16.00 Medley Relay (1 heat)	

- Declarations will open at 10.15AM 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.

www.livingstonac.com/champs