



LIVINGSTON OPEN MEETING

Wednesday 13 April 2016

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45	80m	(2 heats)	High Jump	(Pool 1)
7.00	300m	(6 heats)	Javelin	(U13 – U15)
			Shot Putt	(U17 – SEN)
			Long Jump	(U11 – U13)
7.30	400m	(4 heats)		
7.45	100m	(17 heats)	Shot Putt	(U11 – U13)
8.00			High Jump	(Pool 2)
			Long Jump	(U15)
			Triple Jump	
			Javelin	(U17 – SEN)
8.30	600m	(1 heat)	Shot Putt	(U15)
8.40	800m	(6 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, except the 800m heats which will be ordered slowest to fastest.

scottishathletics permit event run under UK Athletics rules

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