

LIVINGSTON OPEN MEETING

Wednesday 20 July 2016

Craigswood Sports Centre, Livingston

TIMETABLE

| TRACK | | FIELD |
|--------------|------------------------|---|
| 6.45 | 80m (2 heats) | Triple Jump |
| 7.00 | 100m (13 heats) | High Jump (Pool 1) Shot Putt (U15) Javelin (U17 – SEN) |
| 7.15 | | Long Jump (U13) |
| 7.30 | | Shot Putt (U11 – U13) Long Jump (U15) |
| 7.45 | 400m (4 heats) | |
| 8.00 | 300m (5 heats) | High Jump (Pool 2) Javelin (U13 – U15) Long Jump (U11) |
| 8.15 | | Shot Putt (U17 – SEN) Long Jump (U17 – SEN) |
| 8.25 | 600m (1 heat) | |
| 8.30 | 1500m (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 200m heats which will be ordered slowest to fastest.

scottishathletics permit event run under UK Athletics rules

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