

LIVINGSTON ATHLETIC CLUB

COMBINED EVENTS & MILE OPEN

Sunday 7 August 2016

TIMETABLE - COMBINED EVENTS

TIME	U11G	U11B	U13G	U13B	U15G	U15B	U17W	U17M	U20W/SW	U20M/SM
11.00	SP			HJ	LJ			100mH	100mH	
11.05										200m
11.15							80mH			
11.30		SP				80mH				
11.45			HJ							
12.00	LJ						SP		SP	
12.15					75mH					
12.30		LJ		75mH		HJ		HJ		HJ
13.00			70mH							
13.15	80m									
13.30		80m			SP		HJ		HJ	
13.45						LJ		LJ		LJ
14.15				SP						
14.30	600m	600m								
14.45			SP							
15.00							LJ		LJ	
15.15					HJ					
15.30			LJ			SP		SP		SP
16.00			LJ							
16.30							800m		800m	1500m
16.45				800m		800m		800m		
17.00					800m					
17.15			800m							

Event times are provisional and subject to change on the day depending on the finishing time of other events to allow sufficient rest periods. Please listen for announcements throughout the day.

TIMETABLE - INDIVIDUAL EVENTS

TIME	U11	U13	U15	U17	U20/SEN
14.00		Mile	Mile	Mile	Mile

www.livingstonac.com/live