

CLUB CHAMPIONSHIPS

Sunday 11th September 2016

Craigswood Sports Centre, Livingston

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00			1500m	1500m	1500m	1500m
11.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
			Discus	Discus	Discus	Discus
		High Jump	High Jump		Long Jump	Long Jump
12.00			100m	100m	100m	100m
12.30		80m	Javelin	Javelin		
				Long Jump		
12.45	60m					
13.00				300m	300m (W)	
13.15					400m (M)	400m
13.30			Long Jump		Javelin	Javelin
14.00	Shot Putt	Shot Putt	Shot Putt	High Jump	High Jump	High Jump
		150m				
14.15			200m	200m	200m	200m
14.30	Long Jump	Long Jump				
15.00	600m	600m		Triple Jump	Triple Jump	Triple Jump
				Shot Putt	Shot Putt	Shot Putt
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

- Declarations will open at 10.15 am in the athletics pavilion.
- Track events will be seeded based on age group, with the heats ordered youngest to oldest.