

# ***LIVINGSTON OPEN MEETING***

**Wednesday 23 May 2018**  
**Craigswood Sports Centre, Livingston**

# **TIMETABLE**

<b>TRACK</b>		<b>FIELD</b>	
6.40	70m Hurdles (2 heats)		
6.45		Long Jump (U11)	
		High Jump (St. Ht. 0.97m)	
6.50	75m Hurdles (2 heats)		
7.00	80m Hurdles (1 heat)	Shot Putt (U15)	
		Discus (U17-SEN)	
7.10	100m/110m Hurdles (1 heat)		
7.20	600m (1 heat)		
7.30	200m (18 heats)	Triple Jump	
		Shot Putt (U11-U13)	
7.45		High Jump (St. Ht. 1.32m)	
8.00		Discus (U13-U15)	
		Long Jump (U15)	
8.15	150m (4 heats)	High Jump (St. Ht. 1.12m)	
8.25	1200m (1 heat)		
8.30	1500m (6 heats)	Long Jump (U13)	
		Shot Putt (U17-SEN)	

Track events will be seeded based on performance, with the heats ordered fastest to slowest.

scottishathletics licensed event run under UK Athletics rules

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