

LIVINGSTON OPEN MEETING

Wednesday 18 July 2018

Craigswood Sports Centre, Livingston

TIMETABLE

	TRACK		FIELD	
6.30	4x800m Relay	(1 heat)		
6.45	70m Hurdles	(2 heats)	Long Jump	(U11)
			High Jump	(St. Ht. 1.14m)
7.00	75m Hurdles	(1 heat)	Shot Putt	(U15)
7.10	80m Hurdles	(1 heat)		
7.15			Triple Jump	
7.20	100m Hurdles	(1 heat)		
7.30	400m	(1 heat)	Shot Putt	(U11-U13)
			High Jump	(St. Ht. 1.34m)
7.35	600m	(1 heat)		
7.40	200m	(17 heats)		
7.45			Long Jump	(U15)
8.00			High Jump	(St. Ht. 0.99m)
8.15			Long Jump	(U13)
8.25	150m	(2 heats)		
8.30			Shot Putt	(U17-SEN)
8.35	1500m	(4 heats)		

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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