

LIVINGSTON OPEN MEETING

Wednesday 22 August 2018

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45	80m	(4 heats)	Long Jump	(U13)
			High Jump	(St. Ht. 1.15m)
			Shot Putt	(U17-SEN)
7.00	100m	(14 heats)	Javelin	(U13-U15)
7.15			Long Jump	(U11)
			High Jump	(St. Ht. 1.35m)
7.30			Shot Putt	(U15)
7.40	400m	(3 heats)		
7.45			Long Jump	(U17-SEN)
			High Jump	(St. Ht. 1.00m)
7.55	300m	(4 heats)		
8.00			Javelin	(U17-SEN)
			Shot Putt	(U11-U13)
8.10	600m	(1 heat)		
8.15			Long Jump	(U15)
8.20	800m	(8 heats)		
9.00	3000m	(1 heat)		

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

scottishathletics licensed event run under UK Athletics rules