

**Sunday 24 March 2019**

**Craigswood Sports Centre, Livingston**

# TIMETABLE

<b>TIME</b>	<b>UNDER 9</b> <small>(01/09/2010 – 24/03/2012)</small>	<b>UNDER 11</b> <small>(01/09/2008 – 31/08/2010)</small>	<b>UNDER 13</b> <small>(01/09/2006 – 31/08/2008)</small>
<b>9.30</b>	Registration		
<b>9.45</b>	Warm-Up		
<b>10.00</b>	60m		
<b>10.10</b>		80m	
<b>10.20</b>			100m
<b>10.30</b>	Standing Long Jump	Long Jump	Javelin
<b>11.15</b>	60m		
<b>11.25</b>		80m	
<b>11.35</b>			100m
<b>11.45</b>	Javelin	Javelin	Long Jump
<b>12.30</b>	4x200m	4x200m	4x200m
<b>12.45</b>	Presentations		

The timetable is provisional, with the start times of events dependant on the finishing times of previous events.