

# ***LIVINGSTON OPEN MEETING***

**Wednesday 22 May 2019**

**Craigswood Sports Centre, Livingston**

# **TIMETABLE**

	<b>TRACK</b>	<b>FIELD</b>	
<b>6.30</b>	<b>70m Hurdles</b>	<b>Long Jump</b>	(U11)
<b>6.40</b>	<b>75m Hurdles</b>	<b>High Jump</b>	(St. Ht. 0.97m)
<b>6.50</b>	<b>80m Hurdles</b>		
<b>7.00</b>	<b>110m Hurdles</b>	<b>Shot Putt</b>	(U15)
		<b>Discus</b>	(U17-SEN)
<b>7.10</b>	<b>600m</b>		
<b>7.15</b>		<b>Triple Jump</b>	
<b>7.20</b>	<b>200m</b>		
<b>7.45</b>		<b>High Jump</b>	(St. Ht. 1.32m)
		<b>Long Jump</b>	(U15)
		<b>Shot Putt</b>	(U11-U13)
<b>8.00</b>		<b>Discus</b>	(U13-U15)
<b>8.15</b>	<b>150m</b>	<b>High Jump</b>	(St. Ht. 1.12m)
		<b>Long Jump</b>	(U13)
<b>8.25</b>	<b>1200m</b>		
<b>8.30</b>	<b>1500m</b>	<b>Shot Putt</b>	(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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