

LIVINGSTON OPEN MEETING

Wednesday 17 July 2019

Craigswood Sports Centre, Livingston

TIMETABLE

| | TRACK | FIELD | |
|------|--------------|--------------|-----------------|
| 6.30 | 70m Hurdles | | |
| 6.40 | 75m Hurdles | Long Jump | (U11) |
| | | High Jump | (St. Ht. 1.14m) |
| 6.50 | 80m Hurdles | | |
| 7.00 | 600m | Shot Putt | (U15) |
| | | Discus | (U17-SEN) |
| 7.15 | 200m | | |
| 7.20 | | Triple Jump | |
| 7.30 | | Shot Putt | (U11-U13) |
| | | High Jump | (St. Ht. 1.34m) |
| 7.40 | | Long Jump | (U15) |
| 8.00 | 150m | Discus | (U13-U15) |
| | | High Jump | (St. Ht. 0.99m) |
| 8.15 | 1500m | Shot Putt | (U17-SEN) |
| 8.20 | | Long Jump | (U13) |

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

scottishathletics licensed event run under UK Athletics rules