

LIVINGSTON OPEN MEETING

Wednesday 21 August 2019

Craigswood Sports Centre, Livingston

TIMETABLE

TRACK			FIELD	
6.45	80m	(2 heats)	High Jump	(St. Ht. 1.15m)
			Long Jump	(U13)
			Shot Putt	(U17-SEN)
7.00	100m	(11 heats)	Javelin	(U13-U15)
7.15			Long Jump	(U11)
7.30	400m	(4 heats)	Shot Putt	(U15)
			High Jump	(St. Ht. 1.35m)
7.45	300m	(4 heats)	Long Jump	(U17-SEN)
8.00	600m	(1 heat)	High Jump	(St. Ht. 1.00m)
			Javelin	(U17-SEN)
			Shot Putt	(U11-U13)
8.15	800m	(6 heats)	Long Jump	(U15)
8.45	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