

# JUNIOR GRAND PRIX

## & SENIOR TIME TRIALS

Sunday 23 May 2021

Craigswood Sports Centre, Livingston

# TIMETABLE

TIME	U11	U13	U15	U17+
10.00	Arrival / Warm-up			
10.30	Shot Put	Long Jump	Arrival / Warm-up	
11.00			100m	100m
11.15				800m
11.25		Shot Put	Long Jump	
11.30	80m			
11.45				400m
11.55	Long Jump			
12.15				200m
12.20			Shot Put	
12.30		100m		
12.50	4x100m	4x100m	4x100m	

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