

JUNIOR GRAND PRIX

& SENIOR TIME TRIALS

Sunday 20 June 2021

Craigswood Sports Centre, Livingston

TIMETABLE

TIME	U11	U13	U15	U17+
10.00	Arrival / Warm-up			
10.30	Turbo Javelin	Long Jump	Arrival / Warm-up	
11.00			200m	200m
11.15				800m
11.25		Javelin	Long Jump	
11.30	80m			
11.45				400m / 300m
11.55	Long Jump			
12.20			Javelin	
12.30		200m		
12.40				100m
12.50	4x100m	4x100m	4x100m	

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