



ATHLETICS EAST LOTHIAN OPEN GRADED MEET

Saturday 30 April 2016

East Lothian Athletics Arena, Meadowmill

PROVISIONAL TIMETABLE

Time	Event	Time	Event
11.45	300m Hurdles	12.00	Discus (OPEN)
12.00	100m Open	12.00	Shot Put (U11G)
12.45	75m (U11B & U11G)	12.00	Long Jump (U11B)
13.00	Twenty-14 Kids 60m	12.15	Twenty-14 Kids Long Jump
13.20	1500m Open	13.00	Javelin (U13B, U13G, U15G)
13.50	300m (U15B, U15G, U17W)	13.00	Triple Jump (U15 to SEN)
14.00	400m (U15B, U15G, U17W)	13.15	Twenty-14 Kids Shot Putt
14.15	Twenty-14 Kids 1 lap	14.00	High Jump (U13 & U15)
14.30	800m Open	14.00	Shot Putt (U11B)
15.00	600m (U11B & U11G)	14.00	Long Jump (U11G)
15.20	200m Open	14.30	Javelin (U15B, U17, U20, SEN)

held under UKA Rules, scottishathletics permitted event

ENTER ONLINE

www.activeeastlothian.co.uk

OPEN EVENTS

(U13, U15, U17, U20 & SENIOR)

£3 ENTRY ONLINE

£4 ENTRY ON THE DAY

UNDER-11 EVENTS

(Aged 9 on the day, U11 on 31 August)

£3 ENTRY ONLINE

£4 ENTRY ON THE DAY

TWENTY-14 KIDS

(Aged 5,6,7,8 on the day)

Run Jump Throw

£5.00 ENTRY

ATHLETES CAN ENTER A MAXIMUM 3 EVENTS ON THE DAY (2 Track/1 Field or 1 Track/2 Field)
REGISTRATION OPENS 10.30AM | ATHLETES **MUST** DECLARE AT LEAST 30mins BEFORE EVENT
 (UKA Rule 141 S2) Under-13 & U15 athletes may **NOT** compete in both the 1500m and 800m



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