



ATHLETICS EAST LOTHIAN OPEN GRADED MEETING

Saturday 03 September 2016
East Lothian Athletics Arena, Meadowmill



PROVISIONAL TIMETABLE

Time	Event	
11.00	3000m	U15, U17, U20, SEN
11.20	1000m	U11G & U11B
11.30	70mH	U13 Girls
	75m H	U13B & U15G
	80m H	U15B & U17W
	100m H	U17M, U20W & SW
	110m H	U20M & SM
12.15	800m	Open Graded (fastest to slowest)
12.45	100m	Open Graded (fastest to slowest)
13.00	60m	RJT Twenty-14 Kids
13.10	2000m SC	U17M / SM (91.4cm)
13.20	2000m SC	U17W / SW (76.2cm)
13.30	1500m SC	Development (76.2cm) (adjusted water jump)
13.50	300m	Open Graded (U15+) (fastest to slowest)
14.00	400m	Open Graded (U15+) (fastest to slowest)
14.15	1 lap	RJT Twenty-14 Kids
14.30	150m	U11B & U11G
14.45	200m	Open Graded (fastest to slowest)

Time	Event	
11.00	Hammer	U13, U15, U17, U20, SEN
	High Jump	U17, U20, SEN
11.45	Long Jump	U13B & U15B
	Shot Put	U13G & U15G
12.30	Cricket Ball	RJT Twenty-14 Kids
	Long Jump	U11 Boys
	Shot Put	U11 Girls
13.15	Long Jump	RJT Twenty-14 Kids
	Long Jump	U13G & U15G
	Shot Put	U13B & U15B
13.50	Triple Jump	U17, U20, SEN
	Long Jump	U11 Girls
	Shot Put	U11 Boys

held under UKA Rules, scottishathletics permit event

