



# ATHLETICS EAST LOTHIAN

## OPEN GRADED MEET

Saturday 30 April 2016

East Lothian Athletics Arena, Meadowmill

### EVENT TIMETABLE

Time	Event	Time	Event
11.45	300m Hurdles	12.00	Discus (OPEN)
12.00	100m Open	12.00	Shot Put (U11G)
13.00	75m (U11B & U11G)	12.00	Long Jump (U11B)
13.20	Twenty-14 Kids 60m	12.15	Twenty-14 Kids Long Jump
13.40	1500m Open	12.45	Triple Jump (U15 to SEN)
14.00	300m (U15B, U15G, U17W)	13.00	Javelin (U13B, U13G, U15G)
14.15	400m (U15B, U15G, U17W)	13.15	Twenty-14 Kids Shot Putt
14.30	Twenty-14 Kids 1 lap	13.30	High Jump (U13G U15G)
14.45	800m Open	14.00	Shot Putt (U11B)
15.15	600m (U11B & U11G)	14.00	Long Jump (U11G)
15.40	200m Open	14.30	Javelin (U15B, U17, U20, SEN)
		14.30	High Jump (U13B & U15B)

held under UKA Rules, scottishathletics permitted event

#### OPEN EVENTS

(U13, U15, U17, U20 & SENIOR)

£4.00 ENTRY ON THE DAY

#### UNDER-11 EVENTS

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

£4.00 ENTRY ON THE DAY

#### TWENTY-14 KIDS

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

£5.00 RJT ENTRY

**ATHLETES CAN ENTER A MAXIMUM 3 EVENTS ON THE DAY** (2 Track/1 Field or 1 Track/2 Field)

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

