



Registered Charity in Scotland SC045501

TEAM EAST LoTHIAN AC OPEN TRACK TIME TRIALS

Tuesday 28 June 2015 | 6pm

East Lothian Athletics Arena, Meadowmill

PROVISIONAL TIMETABLE

Time	Event	Heats (Entries)
18.00	300m Hurdles (U15 & above)	1 Heat (5 entries max.)
18.05	Open 100m	8 Heats (56 entries max.)
18.35	Open 800m*	5 Heats (45 entries max.)
19.00	Men's 4x400m	invitational
19.05	Sprint Hurdles	2 Heats (14 entries max.) Race 1 - 70mH / 75mH & 80mH Race 2 - 100mH & 110mH
19.20	400m (U17 & above)	3 Heats (15 entries max.)
19.30	300m (U15 & above)	3 Heats (15 entries max.)
19.45	Open 150m	2 heats (10 entries max.)
19.55	Open 200m	10 Heats (50 entries max.)
20.20	1500m Steeplechase (U15 & above)	3 Heats (45 entries max.) Development 76.2cm barriers/ adjusted water jump U17W / U20W / SW - 76.2cm barriers U17M / U20M / SM - 91.4cm barriers
20.45	Open 1 Mile*	3 heats (45 entries max.)
21.15	Meeting Close	

held under UKA Rules, scottishathletics permit event

Running Order: fastest to slowest. Heat draws: 15mins before race time

U13 ATHLETES & ABOVE ONLY. OPEN TO ATHLETES FROM ANY CLUB.

DECLARATIONS WILL OPEN AT 4.30PM and close at 7.00PM.

REGISTER AT LEAST 30mins before your event!

ENTER ONLINE. ENTRY DONATION, please GiftAid when you can!

*U13 & U15 athletes may only compete in one of the following on the day: 800m, 1 mile, 1500mSC

