



THE MEADOWMILL SERIES: *Team East Lothian Open Graded*
 Friday 5th & Saturday 6th May 2017 | **East Lothian Athletics Arena, Meadowmill**

FRIDAY 5 MAY		SATURDAY 6 MAY	
18.00	300m Hurdles (U15 & above)	13.30	1500m (U13 & above)
18.10	110m Hurdles (U18M)	13.30	Shot Put (U11B)
18.15	High Jump (PB 1.30m & over)	13.30	Long Jump (U11G)
18.15	100m (U15 & above)	14.00	Sprint Hurdles (U13 & above) Start Order: Oldest to Youngest
18.40	1 mile (U15 & above)	14.00	Twenty-14 Kids Cricket Ball Throw
19.00	400m Hurdles (U17 & above)	14.15	Long Jump (U11B)
19.05	400m (U17 & above)	14.15	Shot Put (U11G)
19.20	300m (U15 & above)	14.40	Twenty-14 Kids 60m Sprint
19.15	Triple Jump (U15 & above)	15.00	600m (U11B & U11G)
19.30	600m (U15 & above)	15.00	High Jump (PB 1.25m or less)
19.45	200m (U15 & above)	15.00	Discus (U13 & above)
20.10	1500m Steeplechase (0.914m Barriers / 0.762m Barriers / Dev Race)	15.15	Twenty-14 Kids Long Jump
20.30	Meeting Close	15.20	100m (U13 & above)
		15.40	75m (U11B & U11G)
		15.45	Long Jump (U17 and above)
		15.45	Shot Put (U15 & above)
		16.00	Twenty-14 Kids 1 lap endurance
		16.20	200m (U13B & U13G)
		16.40	150m (U11B & U11G)
		17.00	Meeting Close



ENTER ONLINE:

www.teameastlothian.org.uk

Online Entry £4.00 | Entry on the Day £5.00

Twenty-14 Kids Run, Jump & Throw £5.00

event held under UKA Rules & scottishathletics permit event