

LANARKSHIRE AMATEUR ATHLETIC ASSOCIATION

RELAY CHAMPIONSHIPS

TRACK RELAY CHAMPIONSHIPS on TUESDAY 13th MAY 2008

at

EAST KILBRIDE SPORTS CENTRE

DECLARATIONS at **6:30pm**

FIRST RACE **7:15pm**

PROGRAMME

RACES MAY BE MERGED

AT THE DISCRETION OF THE TRACK REFEREE

7:15	U-11BOYS	4x100	
7:20	U-11GIRLS	4x100	
7:25	U-13BOYS	4x100	
7:30	U-13GIRLS	4x100	
7:35	U-15BOYS	4x100	
7:40	U-15GIRLS	4x100	
7:45	U-17MEN	4x100	} MAY MERGE
	SEN.MEN	4x100	
	U-17WOMEN	4x100	} MAY MERGE
	SEN.WOMEN	4x100	
8:00	U-13BOYS	3x800	} MAY MERGE
	U-13GIRLS	3x800	
8:15	SEN.MEN	3x800	
8:25	SEN.WOMEN	3x800	
8:35	U-15BOYS	3x800	} MAY MERGE
	U-15GIRLS	3x800	
8:45	U-17WOMEN	4x200	
8:50	U-17MEN	4x400	} MAY MERGE
	SEN.MEN	4x400	
8:55	SEN.WOMEN	4x400	

ENTRY FEE £1.00 per ATHLETE

MEDALS TO FIRST THREE TEAMS IN EACH RACE

NOTE

In order to sort out teams, let

John McLaren (boys) 556 4509 or Elaine Mackay (girls) 641 9775

know if you wish to take part.

CLUB VESTS MUST BE WORN

As all coaching staff will be at East Kilbride that night no training will take place at Crownpoint