

# **LIVINGSTON OPEN MEETING**

**Friday 22 July 2022**

## **TIMETABLE**

### **TRACK**

**6.30 70m Hurdles**

**6.40 75m/80m Hurdles**

**6.50 600m**

**7.00 200m**

**7.50 150m**

**8.00 800m**

### **FIELD**

**6.45 Long Jump (U11)**

**High Jump (St. Ht. 1.14m)**

**Discus (U17-SEN)**

**7.15 Shot Put (U11-U13)**

**7.30 Long Jump (U15-SEN)**

**High Jump (St. Ht. 1.34m)**

**7.45 Shot Put (U15)**

**8.05 Shot Put (U17-SEN)**

**8.15 High Jump (St. Ht. 0.99m)**

**8.20 Long Jump (U13)**

**8.30 Discus (U13-U15)**

Track events will be seeded based on performance, with the heats ordered fastest to slowest, except the 800m which is slowest to fastest.