

LIVINGSTON OPEN MEETING

Friday 26 May 2023

TIMETABLE

| TRACK | | |
|-------|--------------|--|
| 6.30 | 70m Hurdles | |
| 6.40 | 75m Hurdles | |
| 6.50 | 80m Hurdles | |
| | 100m Hurdles | |
| 7.00 | 600m | |
| 7.15 | 200m | |
| 8.00 | 150m | |
| 8.15 | 800m | |

| FIELD | | |
|-------|-----------|-----------------|
| 6.30 | Long Jump | (U11) |
| 6.45 | High Jump | (St. Ht. 0.97m) |
| | Shot Put | (U15) |
| 7.10 | Long Jump | (U15) |
| 7.15 | Shot Put | (U11-U13) |
| 7.30 | High Jump | (St. Ht. 1.32m) |
| 7.45 | Long Jump | (U17-SEN) |
| 8.10 | Long Jump | (U13) |
| 8.15 | High Jump | (St. Ht. 1.12m) |
| | Shot Put | (U17-SEN) |

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

