

LIVINGSTON OPEN MEETING

Friday 23 June 2023

TIMETABLE

TRACK

6.30 80m (U11)

6.45 100m

7.30 400m

7.55 300m

8.15 600m (U11)

8.25 1500m

FIELD

6.30 Javelin (U13-U15)

Long Jump (U13)

6.45 High Jump (St. Ht. 0.98m)

7.10 Javelin (U17-SEN)

Long Jump (U11)

7.30 Shot Put (U11-U13)

High Jump (St. Ht. 1.33m)

7.55 Long Jump (U15)

8.15 High Jump (St. Ht. 1.13m)

8.20 Shot Put (U15-SEN)

8.35 Long Jump (U17-SEN)

Track events will be seeded based on performance, with the heats ordered fastest to slowest, except the 1500m which is slowest to fastest.