

LIVINGSTON OPEN MEETING

Friday 4 August 2023

TIMETABLE

TRACK

6.30 70m Hurdles 1 heat

6.40 75m Hurdles 1 heat

6.50 80m Hurdles 1 heat

7.00 600m

7.15 200m

8.00 150m

8.15 800m

FIELD

6.30 Long Jump (U11)

6.45 High Jump (St. Ht. 1.09m)

Shot Put (U15)

7.05 Shot Put (U11)

7.25 Long Jump (U13)

7.30 High Jump (St. Ht. 1.34m)

7.45 Shot Put (U13)

8.15 High Jump (St. Ht. 0.99m)

Long Jump (U15-SEN)

8.25 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.