

# **LIVINGSTON OPEN MEETING**

**Friday 1 September 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 (U17-SEN)**

**Long Jump (U15)**

**6.45 High Jump (St. Ht. 1.10m)**

**6.55 Javelin (U13-U15)**

**Long Jump (U11)**

**7.15 High Jump (St. Ht. 1.35m)**

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

**8.00 Long Jump (U13)**

**High Jump (St. Ht. 1.00m)**

**8.20 Shot Put (U15-SEN)**

**8.40 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.