

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.