

**Harrow LICC Open - Track and Jumps  
16th April 2023 - Draft Track Timetable  
Races seeded - slowest heat first**

	Event Time
Hurdles 400m	11:00
Hurdles 300m	11.20
1500m	11.30
75m	12.30
100m	12.45
400m	13.15
300m	13.30
600m	13.45
3000m	14.00
Sprint Hurdles (distances as for age group)	14.45
150m	15.00
200m	15.15
800m	15.45
Steeplechase 2000M (U20/Sen M)	16.00
Steeplechase 1500M (U17M)	16.15
Steeplechase 1500M (Women)	16.30
4 x 100m	16.45
4 x 400m	17.00

**Field Events**

Timetable - I will create 2 pools

Long Jump 12 noon

High Jump 2 pm

Triple Jump 3 pm

**Quad kids**

12.30 p.m.

75m,

Vortex,

Long Jump

600m