



**LIVINGSTON  
ATHLETIC CLUB**

# **LIVINGSTON OPEN MEETING**

**OPEN**

**Wed 18 April**

**Wed 23 May**

**Wed 20 June**

**Wed 18 July**

**Wed 22 August**

**6.45 pm – 9.00 pm**

**Xcite Craigswood, Livingston**

**£4 per event**

Pre-entry only at:

**[www.livingstonac.com/open](http://www.livingstonac.com/open)**

scottishathletics licensed events run under UK Athletics rules

# ENTRIES

## How do I enter?

Athletes should enter in advance using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open). There are no paper entry forms and there's no entry on the day.

## What does it cost?

£4 per event and athletes can do a maximum of 2 events at each open meeting. There's no entry fee for spectators.

## How do I pay?

You can pay the entry fee online by credit/debit card via PayPal.

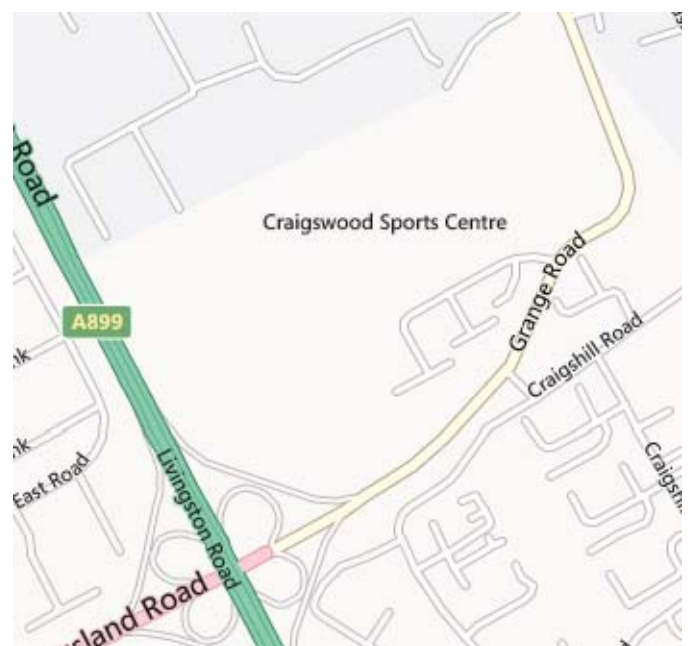
## When do entries close?

Entries close at midnight on the Sunday before the competition or earlier if the meeting has reached capacity. There's no entry on the day.

OPEN MEETING	CLOSING DATE
Wednesday 18 April 2018	Sunday 15 April 2018 at midnight
Wednesday 23 May 2018	Sunday 20 May 2018 at midnight
Wednesday 20 June 2018	Sunday 17 June 2018 at midnight
Wednesday 18 July 2018	Sunday 15 July 2018 at midnight
Wednesday 22 August 2018	Sunday 19 August 2018 at midnight

# LOCATION

**Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER**



From **Edinburgh** or **Glasgow**: Leave the M8 at Junction 3. Head south on the A899 towards Livingston. Take the 2<sup>nd</sup> exit off the A899, signposted "Craigshill North". Take the 1<sup>st</sup> exit (straight) at the mini roundabout. Then take the first road on the left and the sports centre entrance will be 100m on your right.

# EVENTS / TIMETABLE

18 April

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.11m	80m	Long Jump			
7.00			100m Javelin	100m Javelin	100m Shot Putt	100m Shot Putt
7.30	St. Ht. 1.31m	Long Jump		Shot Putt		
7.45					400m (M)	400m
8.00	St. Ht. 0.91m	Shot Putt	Shot Putt	300m	300m (W) Long Jump Javelin	Long Jump Javelin
8.15		600m				
8.30			800m	800m Long Jump	800m	800m

23 May

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 0.92m	Long Jump	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.00				Shot Putt	Discus	Discus
7.15		600m				
7.30			200m Shot Putt	200m Triple Jump	200m Triple Jump	200m Triple Jump
7.45	St. Ht. 1.32m					
8.00		150m	Discus	Discus Long Jump		
8.15	St. Ht. 1.12m		1200m (G)			
8.30			1500m (B) Long Jump	1500m	1500m Shot Putt	1500m Shot Putt

20 June

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 0.88m	80m	Long Jump			
7.00			100m	100m Shot Putt	100m Javelin	100m Javelin
7.30		Shot Putt Long Jump	Shot Putt			
7.45	St. Ht. 1.28m				400m (M)	400m
8.00			Javelin	300m Javelin	300m (W) Long Jump	Long Jump
8.15	St. Ht. 1.08m	600m				
8.30			800m	800m Long Jump	800m Shot Putt	800m Shot Putt

# 18 July

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.09m	Long Jump	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.00				Shot Putt		
7.15		600m				
7.30	St. Ht. 1.29m		200m	200m	200m	200m
		Shot Putt	Shot Putt	Triple Jump	Triple Jump	Triple Jump
8.00	St. Ht. 0.89m	150m		Long Jump		
8.15			1500m	1500m	1500m	1500m
8.30			Long Jump		Shot Putt	Shot Putt

# 22 August

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.10m	80m	Long Jump			
7.00			100m	100m	100m	100m
			Javelin	Javelin	Shot Putt	Shot Putt
7.30	St. Ht. 1.30m	Long Jump		Shot Putt		
7.45					400m (M)	400m
8.00	St. Ht. 0.90m	Shot Putt	Shot Putt	300m	300m (W)	
					Long Jump	Long Jump
					Javelin	Javelin
8.15		600m				
8.30			800m	800m	800m	800m
				Long Jump		

Event times are provisional and subject to change on the day. Entry lists and an updated timetable will be released after entries close for each meeting

## 1. Entries

- a. Entries must be made in advance using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open) with payment by credit/debit card via PayPal.
- b. Entry fee is £4 per event payable in advance.
- c. Entries close on the Sunday before the meeting at midnight. Late entries are not accepted and there is NO entry on the day.
- d. Athletes can enter a maximum of 2 individual events.
- e. The club reserve the right to close entries before the official closing date if the meeting or individual events have reached capacity.
- f. Entry fees are non-refundable if the competition or individual events are cancelled due to reasons outwith the club's control (e.g. weather).

## 2. Age Groups

- a. The meeting is open to male and female athletes in age groups from Under 11 to Masters. Athletes must be at least 9 years of age on the day of competition.
- b. Age group cut offs are; **U11** – born after 31/08/2007 and aged 9+; **U13** – 01/09/2005 to 31/08/2007; **U15** - 01/09/2003 to 31/08/2005; **U17** - 01/09/2001 to 31/08/2003; **U20** - 01/01/1999 to 31/08/2001; **SEN** – born before 01/01/1999.

## 3. Track Events

- a. Track events will be seeded on the night, after declarations close, based on performance, with the heats typically ordered fastest to slowest.
- b. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.

## 4. Field Events

- a. In field events, excluding high jump, all athletes will get 3 trials.
- b. **Triple Jump** - The minimum take off board for triple jump is 7.00m.
- c. **High Jump** - The high jump will be split into three pools based on personal best, not age group, each pool with a different starting height. Athletes with no personal best will be in the pool with the lowest starting height. Progressions will be in 5cm increments from the starting height.

5. **Declarations** - Declarations will open at 6.00 pm in the athletics pavilion and will close 30 minutes before the published start time of each event.

6. **Timetable** - Event times are provisional and subject to change on the day. Entry lists and an updated timetable will be released after entries close for each meeting.

7. These are **scottishathletics** licensed events run under UK Athletics rules. Entry data and results will be shared with **scottishathletics**.

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**licensed event**

For further information please email: [events@livingstonac.com](mailto:events@livingstonac.com)