

LIVINGSTON OPEN MEETING

Wednesday 17th August 2011, 7.00PM – 9.00PM
Craigswood Sports Centre, Livingston

ENTRIES

Enter online @ www.livingstonac.com/open

FREE ENTRY

Entries close at 9AM on Monday 15th August 2011

TIMETABLE

	TRACK	FIELD
7.00		Long Jump (U15+)
7.15	300m (U15G/U17W)	
7.30	400m (U15B/U17M/SEN)	
7.45	100m (All)	
8.00		Long Jump (U11/U13) Shot Putt (All)
8.30	800m (All)	

NOTES

1. Entries for individual events must be made in advance using the online entry form. No entries on the night.
2. Declarations open at 6.00PM and close 30 minutes before the start time of each event.
3. Track events will be seeded based on performance, with the heats ordered slowest to fastest.
4. Athletes will get 3 trials in all field events.
5. Athletes can enter a maximum of 2 individual events.
6. All event times are approximate and subject to change on the night.
7. The meeting is open to male and female athletes in age groups under 11 upwards. Athletes must be at least 8 years of age on the day of competition.
8. Age group cut offs are; U11 – born on or after 01/09/00; U13 – 01/09/98 to 31/08/00; U15 - 01/09/96 to 31/08/96; U17 - 01/09/94 to 31/08/96; SEN – born before 01/09/94.
9. This is a **scottish**athletics permit event run under UK Athletics rules.