

LIVINGSTON OPEN MEETINGS

Summer 2014

Wednesday 2nd April

Wednesday 28th May

Wednesday 16th July

Wednesday 20th August

6.45 PM – 9.00 PM

Craigswood Sports Centre, Livingston

£3 per event

Advance entry only at www.livingstonac.com/open

scottishathletics permit events run under UK Athletics rules

www.livingstonac.com/open

ENTRIES

How do I enter?

Athletes should enter in **advance** using the online entry form at www.livingstonac.com/open. There are NO paper entry forms and there's no entry on the night.

What does it cost?

£3 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.

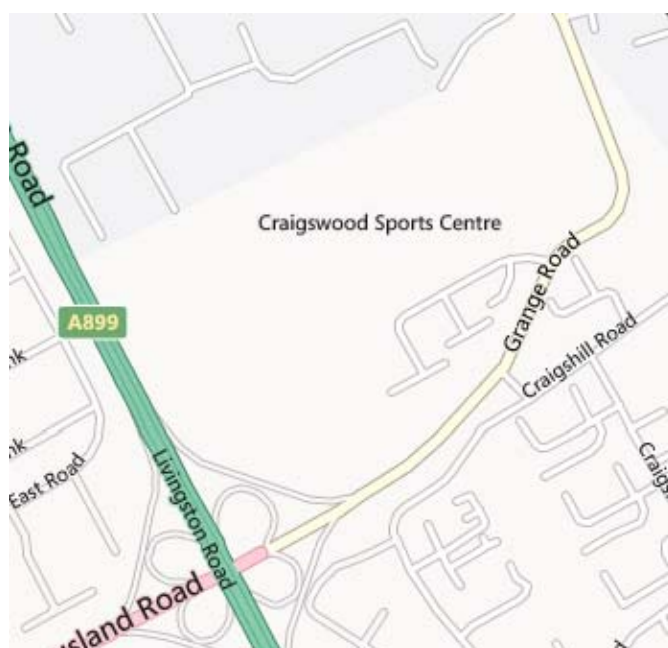
When do entries close?

Entries open 4 weeks before each open meeting and close on the Sunday before the competition at midnight. Late entries are not accepted and there's no entry on the night.

OPEN MEETING	CLOSING DATE
Wednesday 2 nd April	Sunday 30 th March at midnight
Wednesday 28 th May	Sunday 25 th May at midnight
Wednesday 16 th July	Sunday 13 th July at midnight
Wednesday 20 th August	Sunday 17 th August at midnight

LOCATION

Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER



From **Edinburgh** or **Glasgow**: Leave the M8 at Junction 3. Head south on the A89 towards Livingston. Take the 2nd exit off the A89, signposted "Craigshill North". Take the 1st 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 / PROVISIONAL TIMETABLE

Wed 2nd April

TIME	U11	U13	U15	U17	SEN
7.00	Long Jump	Long Jump Javelin	High Jump Javelin	High Jump Javelin	High Jump Javelin
7.15				400m (M)	400m
7.30	Shot Putt	Shot Putt	300m	300m (W)	
7.45	100m	100m	100m	100m	100m
8.00	High Jump	High Jump			
8.15			Shot Putt Triple Jump (M)	Shot Putt Triple Jump	Shot Putt Triple Jump
8.30	800m	800m	800m	800m	800m

Wed 28th May

TIME	U11	U13	U15	U17	SEN
7.00	High Jump Shot Putt	High Jump Shot Putt Sprint Hurdles	Long Jump Sprint Hurdles	Long Jump Sprint Hurdles	Long Jump Sprint Hurdles
7.30	800m	800m	800m	800m	800m
7.45		Long Jump			
8.00	Long Jump		High Jump Shot Putt	High Jump Shot Putt	High Jump Shot Putt
8.15	200m	200m	200m	200m	200m

Wed 16th July

TIME	U11	U13	U15	U17	SEN
7.00	800m Long Jump	Long Jump	Shot Putt High Jump	Shot Putt High Jump	Shot Putt High Jump
7.15	100m	100m	100m	100m	100m
7.45	Shot Putt	Shot Putt			
8.00	High Jump	High Jump	Long Jump	Long Jump	Long Jump
8.15		Javelin	Javelin	Javelin 400m (M)	Javelin 400m
8.30			300m	300m (W)	
8.45		1500m	1500m	1500m	1500m

Wed 20th Aug

TIME	U11	U13	U15	U17	SEN
6.45	High Jump	High Jump	Long Jump		
7.00	200m Shot Putt	200m Shot Putt	200m	200m Long Jump	200m Long Jump
7.45			Shot Putt		
8.00	Long Jump	Long Jump	High Jump	High Jump	High Jump
8.15	800m	800m	800m	800m Shot Putt	800m Shot Putt
8.45				3000m	3000m

RULES

1. Entries must be made in advance using the online entry form at www.livingstonac.com/open with payment by credit/debit card via PayPal.
2. Entry fee is £3 per event payable in advance.
3. Late entries are not accepted and there is no entry on the day.
4. The meeting is open to male and female athletes in age groups under 11 to masters. Athletes must be at least 9 years of age on the day of competition.
5. Age group cut offs are; **U11** – born after 31/08/03 and aged 9+; **U13** – 01/09/01 to 31/08/03; **U15** - 01/09/99 to 31/08/01; **U17** - 01/09/97 to 31/08/99; **SEN** – born before 01/09/97.
6. Track events will be seeded based on performance, with the heats ordered fastest to slowest.
7. In field events, excluding high jump, all athletes will get 3 trials.
8. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
9. Declarations will open at 6.00 PM in the athletics pavilion and will close 30 minutes before the published start time of each event.
10. Event times are approximate and subject to change on the day.
11. Entry fees are non-refundable if the competition or individual events are cancelled due to reasons outwith the club's control (e.g. weather).
12. Athletes can enter a maximum of 2 individual events.
13. These are **scottish**athletics permit events run under UK Athletics rules.

For further information email: secretary@livingstonac.com.