

# ***LIVINGSTON OPEN MEETING***

## **ATHLETE INFORMATION**

Thank you for entering the Livingston Open Meeting on Friday night!

### **Car Parking / Location**

- The athletics track is located at Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER.
- Car parking is available in the front and rear car parks at the sports centre.
- Additional parking is available on the industrial estate roads (Harrysmuir Road or Grange Road) to the east of the sports centre. There's an access path (via Harrysmuir Road) leading to the back of the Sports Centre which is a 3-4 minute walk (see car parking map on last page).
- Please show consideration for the residents of Craigswood and do not park on the residential streets opposite the Sports Centre.

### **Arrival / Declarations**

- Declarations will open at 6.00 pm in the athletics pavilion (overlooking the finish line)
- Declarations will close 30 mins before the start time for each event
- If you are competing in multiple events, please declare for all your events at once. If you later decide to withdraw from an event, please inform the declarations team so you are not seeded into a race.
- Vest numbers should be worn front and back with each number secured by 4 safety pins, except high jump where only a front number is required.

### **Timetable**

- The final timetable for the event is available via the link below.
- After declaring and warming-up, please report to the start area for your event 5 minutes before the published start time.

[Timetable](#)

## Seeding

- Track events will be seeded based on performance (not age group), with the heats ordered fastest to slowest, except the 800m/1500m which is slowest to fastest.
- Track seeding will be based on performances listed on the [Power of 10](#) rankings website. If you don't have a Power of 10 profile, please [register](#).
- The high jump is split into three pools based on personal best, not age group, each pool with a different starting height. Athletes with no personal best are in the pool with the lowest starting height. Progressions will be in 5cm increments from the starting height.

## Refreshments

- Tea, coffee and home baking will be available throughout the evening from the club room, on the balcony overlooking the 100m start.

## Toilets / Changing Rooms

- Toilets and changing facilities are available in the main sports centre building.
- There are two sets of toilets available:
  - Ground floor - accessible via the main sports centre entrance.
  - First floor - accessible via the balcony overlooking the 100m start.

## Spectators

- Spectators should remain outside of the track and field competition area at all times.
- Athletes should avoid crossing the finish line when they're not competing and another race is in progress, as this may interfere with the photofinish.
- The infield is restricted to technical officials only, please walk around the outside of the track when moving around the arena.
- Please don't bring dogs into the arena, the entire sports centre complex is a dog-free zone.

## Entry Lists / Start Lists / Live Results

- Entry lists are available via the link below. If contacting us about any errors or omissions, please provide your entry confirmation number or reply to your confirmation email.
- Track events will be seeded into heats after declarations close for each event.
- Start lists will be available via the link below, approximately 10 minutes before the start time for each track event.
- Live results will also be available during the event via the link below.

[Entry Lists / Start Lists / Live Results](#)

## **Withdrawals**

- Please let us know if you are no longer able to attend the event.

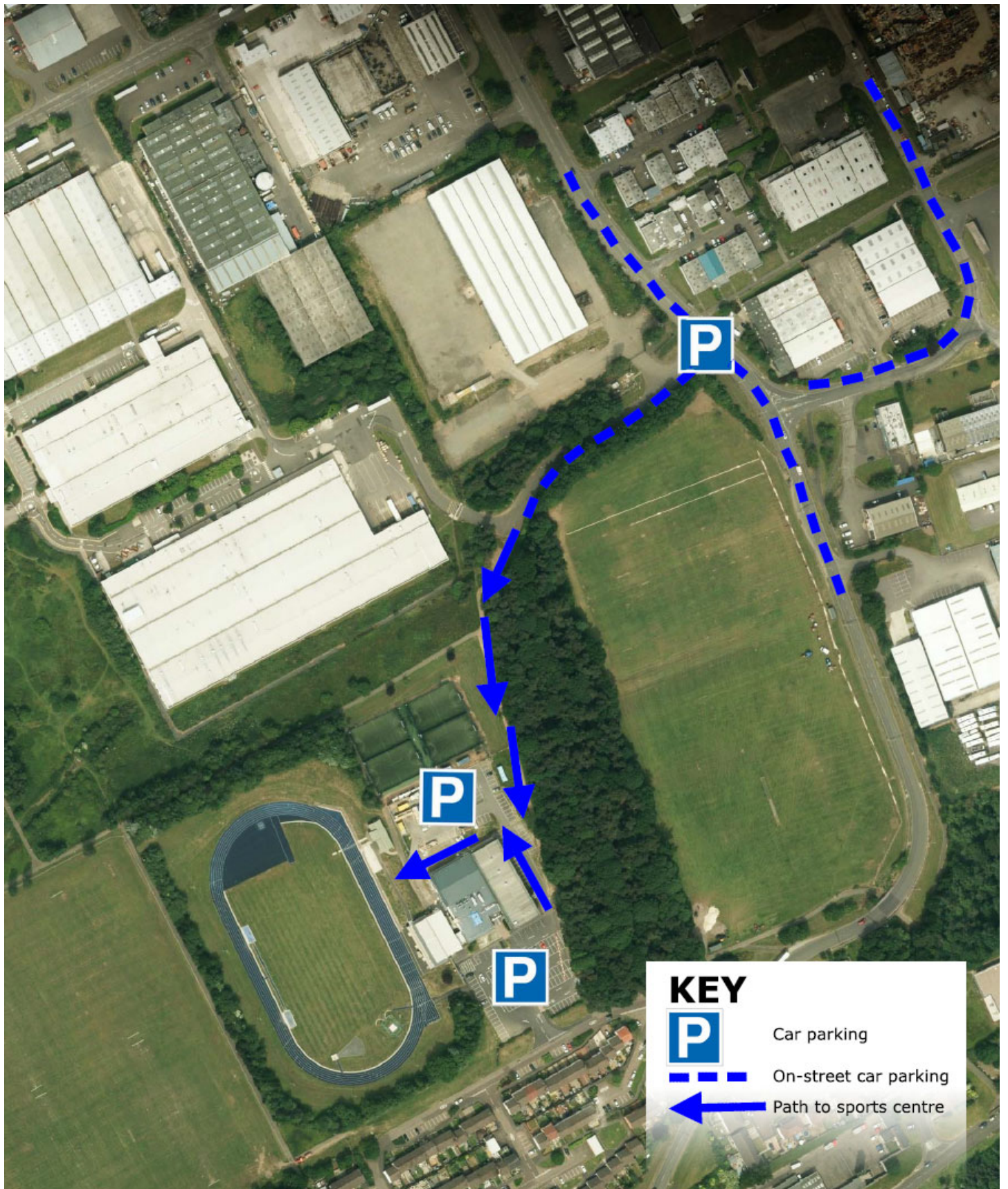
## **Volunteers**

- Thank you to the Livingston AC parents who have volunteered to help the team of Technical Officials - the rota will be emailed to you by Thursday evening.

## **Club Kit**

- New Livingston AC members don't need to wear a club vest - it's fine to compete in training clothing
- Trainers are fine if you don't have spikes yet, unless it's raining in which case spikes may be required for certain events

## Car Parking Map



# MEETING RECORDS

MEN	EVENT	WOMEN
10.55 +0.2 m/s   6 Aug 2021	<b>100m</b>	12.35 -0.9 m/s   3 Sep 2021
21.42 +0.7 m/s   6 Aug 2021	<b>200m</b>	25.56 +1.4 m/s   17 Jul 2019
47.69 18 Jul 2018	<b>400m</b>	57.16 19 Jun 2019
1:53.80 22 Jul 2022	<b>800m</b>	2:08.73 25 May 2016
3:48.01 24 Jun 2022	<b>1500m</b>	4:07.46 3 Sep 2021
9:15.89 23 Aug 2017	<b>3000m</b>	9:37.59 23 Aug 2017
-	<b>Sprint Hurdles</b>	15.37 25 May 2016
6.35m +0.9 m/s   25 May 2016	<b>Long Jump</b>	5.69m 16 Jul 2014
12.07m 17 Apr 2013	<b>Triple Jump</b>	11.37m +0.1 m/s   19 Apr 2017
1.80m 19 Jul 2017	<b>High Jump</b>	1.65m 20 Jul 2016
11.88m 7.26 kg   20 Jun 2018	<b>Shot Put</b>	11.03m 4.00 kg   20 Jun 2018
34.27m 2.00 kg   20 Jun 2018	<b>Discus</b>	34.16m 1.00 kg   20 Jun 2018
47.84m 800 g   17 Apr 2019	<b>Javelin</b>	37.99m 600 g   20 Jul 2016