

LIVINGSTON
ATHLETIC CLUB

LIVINGSTON OPEN MEETING

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Fri 23 May

Fri 27 June

Fri 1 Aug

Fri 5 Sept

6.30 pm – 9.00 pm

Xcite Craigswood, Livingston

£8.00 per event

Enter at:

www.livingstonac.com/open

scottishathletics licenced events run under UK Athletics rules

ENTRIES

How do I enter?

All entries must be made in advance via OpenTrack. No entries on the day.

What does it cost?

£8.00 for the first event and £7.00 for a second event. Athletes can enter a maximum of 2 events per open meeting. There is no charge for spectators.

When do entries open?

OPEN MEETING	ENTRIES OPEN
Fri 23 May 2025	Fri 2 May 2025 at 10.00 pm
Fri 27 June 2025	Fri 30 May 2025 at 10.00 pm
Fri 1 August 2025	Fri 4 July 2025 at 10.00 pm
Fri 5 September 2025	Fri 8 August 2025 at 10.00 pm

When do entries close?

Entries are first come, first served, and will close once full - we don't operate a waiting list, so don't wait to secure your place!

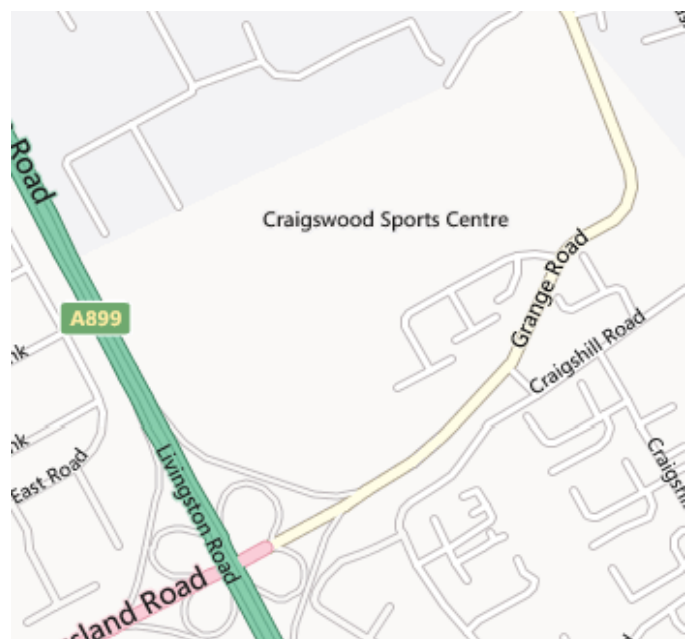
LOCATION

Xcite Craigswood Sports Centre, Livingston, EH54 5ER

From Edinburgh or Glasgow:

- Exit the **M8 at Junction 3** and head south on the **A899** towards Livingston.
- Take the **2nd exit**, signposted **Craigshill North**, then the **first exit at the mini roundabout**.
- Take the **first left** — the sports centre entrance is 100m on the right.

For satnav or online maps, use the postcode **EH54 5ER**.



EVENTS / TIMETABLE

23 May | 1 August

TIME	U11	U13	U15	U17	U20 / SEN
6.30	150m		Long Jump	Long Jump	Long Jump
6.45		200m	200m	200m	200m
7.15	Long Jump	Long Jump			
7.30			Long Jump	Long Jump	Long Jump
7.45	600m				
8.00		800m	800m	800m	800m
8.10		Javelin	Javelin	Javelin	Javelin

27 June | 5 September

TIME	U11	U13	U15	U17	U20 / SEN
6.30	80m		Shot Put	Shot Put	Shot Put
6.40		100m	100m	100m	100m
6.50	Shot Put	Shot Put			
7.15	800m				
7.20			Long Jump	Long Jump	Long Jump
7.25				400m (M)	400m
7.50			300m	300m (W)	
8.00	Long Jump	Long Jump			
8.10		1500m	1500m	1500m	1500m

Timetables are provisional – both the events offered and their timings may change.

Entry lists and an updated timetable will be published after entries close for each meeting.

1. Entries

- All entries must be made in advance via OpenTrack.
- Entry fees: £8.00 for the first event, £7.00 for a second event.
- Entries are first come, first served and will close when events are full — no entries on the day.
- Entry fees are non-refundable if cancellation is due to factors outside the club's control (e.g. weather).
- Each athlete may enter a maximum of 2 individual events.

2. Age Groups

- Open to male and female athletes from Under 11 to Senior. Athletes must be at least 9 years old on the competition day.
- Age group cut-offs:
 - U11: Born after 31/08/2014, aged 9+
 - U13: 01/09/2012 – 31/08/2014
 - U15: 01/09/2010 – 31/08/2012
 - U17: 01/09/2008 – 31/08/2010
 - U20: 01/01/2006 – 31/08/2008
 - SEN: Born on or before 31/12/2005

3. Track Events

- Events will be seeded on the night, after declarations close, based on recent performance.
- Sprint races will be run fastest to slowest.
- Endurance events will be run slowest to fastest.

4. Field Events

- All athletes receive **3 trials**.

5. Declarations

- Open at **6:00 pm** in the athletics pavilion.
- Close **30 minutes before** the published start time of each event.

6. Timetable

- Timetables are provisional – both the events offered and their timings may change.
- Entry lists and an updated timetable will be published after entries close for each meeting.

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

For queries, email events@livingstonac.com