



# Livingston and District Open Grade A.A.C. Open Graded Meetings 2004

Official Entry Form

**Meeting 1**    **Wednesday 19th May 04**  
**Meeting 2**    **Wednesday 23rd June 04**  
**Meeting 3**    **Saturday 21st Aug 04**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age Group: \_\_\_\_\_

\_\_\_\_\_ Club: \_\_\_\_\_

\_\_\_\_\_

Tel No: \_\_\_\_\_

Date: \_\_\_\_\_ SAF No: \_\_\_\_\_

For Official Use	Registration No	Fee Received
------------------	-----------------	--------------

## EVENTS

Track		Anticipated Performance
80m		
100m		
200m		
300m		
400m		
Hurdles		
800m		
1500m		
3000m		

Field		Anticipated Performance
High Jump		
Long Jump		
Triple Jump		
Shot Put		
Javelin		

Please use a separate entry form for each event



**LIVINGSTON and DISTRICT A.A.C  
OPEN GRADE MEETINGS  
2004  
CRAIGSWOOD SPORTS CENTRE  
LIVINGSTON  
WEST LOTHIAN**

**Meeting 1 Wednesday 19<sup>th</sup> May 04 Start 6.45pm Finish 9pm**  
**Meeting 2 Wednesday 23rd June 04 Start 6.45pm Finish 9pm**  
**Meeting 3 Saturday 21<sup>st</sup> Aug 04 Start 11am Finish 4pm**

<ul style="list-style-type: none"> <li>• Meetings held under UK:A rules</li> <li>• Entries Close 30 minutes before start of each event</li> <li>• Minimum age of 9 yrs on date of event</li> <li>• First aid in attendance</li> </ul>	<ul style="list-style-type: none"> <li>• Entry £1.50 per event</li> <li>• Non SAF Members, £2 levy charge</li> <li>• Scottish Athletics permitted event</li> <li>• Food available on the night</li> </ul>
---	---

For further information contact, Steven Thomson 01506 855150

**Events on each evening are detailed below**

**Wed 19<sup>th</sup> May**

Start Time	Track	
7.00pm	800m	
7.30pm	100m (80m for under 11s)	
7.45pm		
8.00pm	3000m	U17F – all M
8.30pm	300m	U17F only
8.30pm	400m	U13 – Sen M

Field	
Shot Putt	
Long Jump	
High Jump	

**Wed 23rd June**

Start Time	Track	
7.30pm	80m	U11 only
7.45pm	1500m	
8.00pm	150m	U11 only
8.15pm	200m	

Field	
High Jump	
Javelin	
Long Jump	

**Wed 21<sup>st</sup> Aug**

Start Time	Track	

Field	