

# ***LIVINGSTON OPEN MEETINGS***

**Summer 2012**

**Wednesday 18<sup>th</sup> April**

**Wednesday 30<sup>th</sup> May**

**Wednesday 22<sup>nd</sup> August**

**7.00PM – 9.00PM**

**Craigswood Sports Centre, Livingston**

**£2 per event**

**Advance entry only at [www.livingstonac.com/open](http://www.livingstonac.com/open)**

**scottishathletics permit events run under UK Athletics rules**

**[www.livingstonac.com/open](http://www.livingstonac.com/open)**

# ENTRIES

## How do I enter?

Athletes should enter in **advance** using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open). There are NO paper entry forms.

## What does it cost?

£2 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, or you can pay by cheque. If paying by cheque, instructions will be displayed during the online entry process.

## When do entries close?

Entries open 4/5 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 day.

OPEN MEETING	CLOSING DATE
Wed 18 <sup>th</sup> April	Sun 15 <sup>th</sup> April at midnight
Wed 30 <sup>th</sup> May	Sun 27 <sup>th</sup> May at midnight
Wed 22 <sup>nd</sup> August	Sun 19 <sup>h</sup> August at midnight

## Do you accept late entries?

No, after the closing dates above, entries or event changes will **not** be accepted.

# TIMETABLE/EVENTS

Wed 18<sup>th</sup> April

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

Wed 30<sup>th</sup> May

TIME	U11	U13	U15	U17	SEN
7.00	High Jump	High Jump	Long Jump	Long Jump	Long Jump
7.15		Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.45	200m	200m	200m	200m	200m
8.00	Shot Putt Long Jump	Shot Putt Long Jump	Shot Putt	Shot Putt	Shot Putt
8.30		1500m	1500m	1500m	1500m
8.50	800m				

Wed 22<sup>nd</sup> Aug

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

# NOTES

1. Entries must be made in advance using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open) with payment by credit/debit card or cheque.
2. Entry fee is £2 per event payable in advance. If posting payment, details will be emailed and payment must be received **before** the entry closing date.
3. 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 31/08/01 and aged 9+; **U13** – 01/09/99 to 31/08/01; **U15** - 01/09/97 to 31/08/99; **U17** - 01/09/95 to 31/08/97; **SEN** – born before 01/09/95.
6. Declarations will open at 6.00PM in the athletics pavilion and will close 30 minutes before the published start time of each event.
7. Track events will be seeded based on performance, with the heats ordered fastest to slowest.
8. In field events, excluding high jump, all athletes will get 3 trials.
9. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
10. Event times are approximate and subject to change on the day.
11. Athletes can enter a maximum of 2 individual events.
12. These are **scottish**athletics permit events run under UK Athletics rules.

For further information email: [secretary@livingstonac.com](mailto:secretary@livingstonac.com).