

# ***OPEN COMBINED EVENTS CHAMPIONSHIPS***

**Saturday 8<sup>th</sup> August**

**Craigswood Sports Centre, Livingston**

**Quadrathlon (U11) £6**

**Pentathlon (U13 – SEN) £8**

Online entry at [www.livingstonac.com/ce](http://www.livingstonac.com/ce)

Closing date Sunday 26<sup>th</sup> July at midnight



**Open Mile Championship (U13 – SEN) £4**

scottishathletics permit event run under UK Athletics rules

[www.livingstonac.com/ce](http://www.livingstonac.com/ce)

# ENTRIES

## What is it?

The inaugural Livingston Open Combined Events Championships, also including an Open Mile Championship. All events are open to athletes from any club.

## How do I enter?

Athletes should enter in **advance** using the online entry form at [www.livingstonac.com/ce](http://www.livingstonac.com/ce). There are no paper entry forms and there's no entry on the day.

## What does it cost?

£6 per athlete for the open quadrathlon (under 11s), £8 per athlete for the open pentathlon (under 13s to seniors) and £4 for the open mile. There's no entry fee for spectators.

## How do I pay?

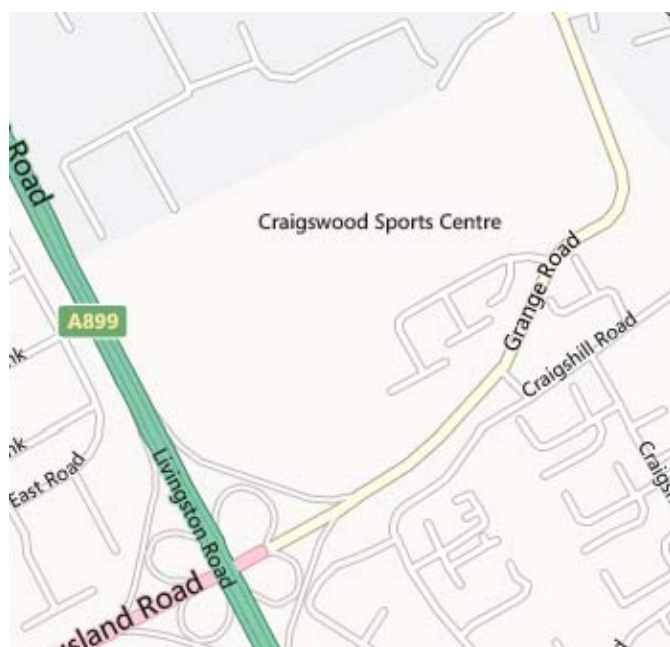
You can pay the entry fee online by credit/debit card via PayPal.

## When do entries close?

Entries for all events close on Sunday 26<sup>th</sup> July at midnight and there's no entry on the day.

# LOCATION

**Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER**



From **Edinburgh** or **Glasgow**: Leave the M8 at Junction 3. Head south on the A899 towards Livingston. Take the 2<sup>nd</sup> exit off the A899, signposted "Craigshill North". Take the 1<sup>st</sup> 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

## Combined Events (Pentathlon / Quadrathlon)

TIME	U11G	U11B	U13G	U13B	U15G	U15B	U17W	U17M	U20W /SW	U20M /SM
11.00	SP	SP	HJ	LJ	LJ			100mH	100mH	
11.15							80mH			
11.30						80mH				LJ
11.45										
12.00				75mH			SP		SP	
12.15	LJ	LJ				HJ		HJ		
12.30					75mH					JT
12.45			70mH	SP						
13.00										
13.15	80m	80m			SP		HJ		HJ	
13.30										200m
13.45						LJ		LJ		
14.00										
14.15			SP							
14.30	600m	600m		HJ						
14.45										
15.00										DT
15.15					HJ		LJ		LJ	
15.30						SP		SP		
15.45			LJ							
16.00										1500m
16.15				800m						
16.30							800m		800m	
16.45						800m		800m		
17.00					800m					
17.15			800m							

## Individual Events

TIME	U11	U13	U15	U17	U20/SEN
14.00		Mile	Mile	Mile	Mile

# RULES

## 1. Entries

- a. Entries must be made in advance using the online entry form at [www.livingstonac.com/ce](http://www.livingstonac.com/ce) with payment by credit/debit card via PayPal.
- b. Entry fees are £6 per athlete for the open quadrathlons (U11s), £8 per athlete for the open pentathlons (U13s - Seniors) and £4 per athlete for the open mile. All fees payable in advance.
- c. Entries close on Sunday 26<sup>th</sup> July at midnight and there's no entry on the day.
- d. The club reserve the right to close entries before the closing date if the meeting or individual events have reached capacity, or to cancel events with less than 3 entries.
- e. Entry fees are non-refundable if the competition or events are cancelled due to reasons outwith the club's control (e.g. weather).

## 2. Age Groups

- a. 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.
- b. Age group cut offs are; **U11** – born after 31/08/04 and aged 9+; **U13** – 01/09/02 to 31/08/04; **U15** - 01/09/00 to 31/08/02; **U17** - 01/09/98 to 31/08/00; **U20** – 01/01/96 to 31/08/98; **SEN** – born before 01/01/96.

## 3. Combined Events

- a. **Quadrathlon (U11G/U11B)** – 80m, 600m, Long Jump & Shot Putt
- b. **Pentathlon (U13G/U13B/U15G/U15B/U17W/U17M/U20W/SW)** – Sprint Hurdles, 800m, High Jump, Long Jump & Shot Putt
- c. **Pentathlon (U20M/SM)** – 200m, 1500m, Long Jump, Discus & Javelin
- d. In field events, excluding high jump, all athletes will get 3 trials.
- e. Medals will be presented for 1st/2nd/3rd place for each age group (U11/U13/U15/U17/U20/SEN).

## 4. Mile

- a. Mile races will be seeded based on performance (not age group), with the heats ordered fastest to slowest.
- b. Overall age group placings will be determined based on electronic timing with medals presented for 1st/2nd/3rd place for each age group (U13/U15/U17/U20/SEN).

## 5. Declarations - Declarations will open at 10.00 AM in the athletics pavilion and will close 30 minutes before the published start time of each event.

## 6. Timetable - Event times are provisional and subject to change on the day depending on the finishing time of other events to allow sufficient rest periods. Please listen for announcements throughout the day. An updated timetable will be released after entries close.

## 7. This is a **scottish**athletics permit event run under UK Athletics rules.

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