

LIVINGSTON OPEN MEETINGS

Summer 2015

Wednesday 22nd April

Wednesday 27th May

Wednesday 15th July

Wednesday 19th August

6.45 PM – 9.00 PM

Craigswood Sports Centre, Livingston

£3.50 per event

Advance entry only at www.livingstonac.com/open

scottishathletics permit events run under UK Athletics rules

www.livingstonac.com/open

ENTRIES

How do I enter?

Athletes should enter in **advance** using the online entry form at www.livingstonac.com/open. There are NO paper entry forms and there's no entry on the night.

What does it cost?

£3.50 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 via PayPal.

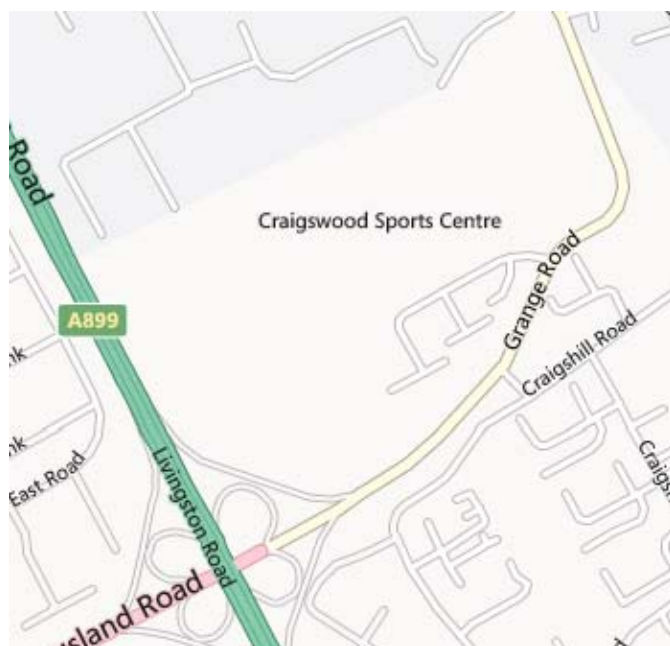
When do entries close?

Entries open 4 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 night.

OPEN MEETING	CLOSING DATE
Wednesday 22 nd April	Sunday 19 th April at midnight
Wednesday 27 th May	Sunday 24 th May at midnight
Wednesday 15 th July	Sunday 12 th July at midnight
Wednesday 19 th August	Sunday 16 th August at midnight

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 2nd exit off the A899, signposted "Craigshill North". Take the 1st 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

Wed 22nd April

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

Wed 27th May

TIME	U11	U13	U15	U17	SEN
6.45		Sprint Hurdles High Jump	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.00	Shot Putt	Shot Putt	Long Jump	Long Jump	Long Jump
7.30	800m	800m	800m	800m	800m
7.45	Long Jump				
8.00		Long Jump	High Jump Shot Putt	High Jump Shot Putt	High Jump Shot Putt
8.15	200m	200m	200m	200m	200m

Wed 15th July

TIME	U11	U13	U15	U17	SEN
6.45		Long Jump	High Jump	High Jump	High Jump
7.00	800m		Shot Putt	Javelin	Javelin
7.15	100m	100m	100m	100m	100m
7.45	Long Jump		Long Jump	Shot Putt	Shot Putt
8.00	High Jump	High Jump Javelin	Javelin	400m (M)	400m
8.15				Long Jump	Long Jump
8.30	Shot Putt	Shot Putt	300m	300m (W)	
8.45		1500m	1500m	1500m	1500m

Wed 19th Aug

TIME	U11	U13	U15	U17	SEN
6.45	High Jump	High Jump	Long Jump		
7.00	200m	200m	200m	200m Long Jump Shot Putt	200m Long Jump Shot Putt
7.30	Long Jump				
7.45	Shot Putt	Shot Putt			
8.00	800m	800m Long Jump	800m High Jump	800m High Jump	800m High Jump
8.30			Shot Putt		
8.45				3000m	3000m

RULES

1. Entries

- a. Entries must be made in advance using the online entry form at www.livingstonac.com/open with payment by credit/debit card via PayPal.
- b. Entry fee is £3.50 per event payable in advance.
- c. Late entries are not accepted and there is no entry on the day.
- d. Athletes can enter a maximum of 2 individual events.
- e. The club reserve the right to close entries for before the official closing date if the meeting or individual events have reached capacity.
- f. Entry fees are non-refundable if the competition or individual 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; **SEN** – born before 01/09/98.

3. Track Events

- a. Track events will be seeded based on performance, with the heats typically ordered fastest to slowest.
- b. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.

4. Field Events

- a. In field events, excluding high jump, all athletes will get 3 trials.
- b. The minimum take off board for triple jump is 9.00m.

5. Declarations

Declarations will open at 6.00 PM 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. An updated timetable will be released after entries close for each meeting.

7.

These are **scottish**athletics permit events run under UK Athletics rules.

For further information please email: secretary@livingstonac.com.