

**LIVINGSTON
ATHLETIC CLUB**



LIVINGSTON OPEN MEETINGS



Wednesday 13 April



Wednesday 25 May



Wednesday 20 July



Wednesday 24 August

6.45 pm – 9.00 pm

Craigswood Sports Centre

£3.50 per event

Pre-entry online only at

www.livingstonac.com/open

scottishathletics permit events run under UK Athletics rules

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 day.

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.

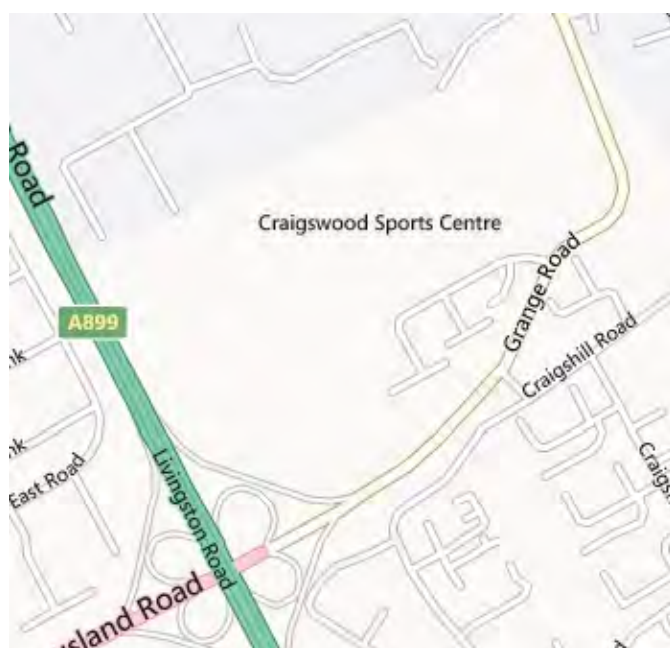
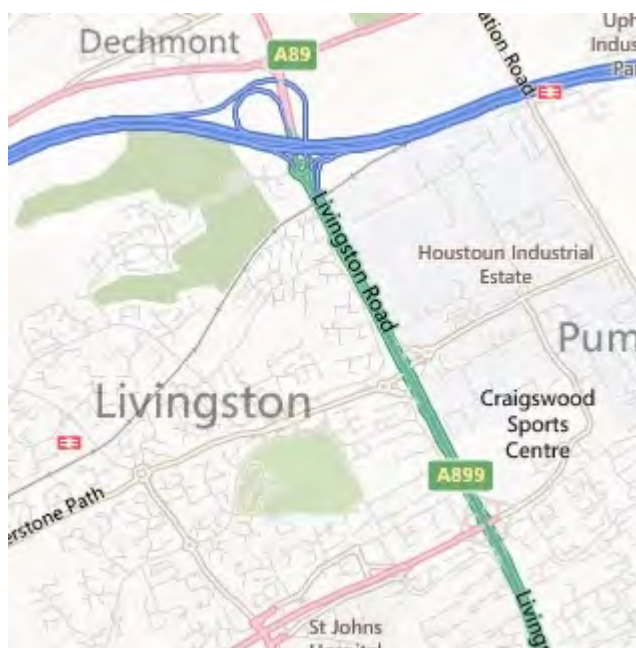
When do entries close?

Entries open 4 weeks before each open meeting and close at midnight on the Sunday before the competition. There's no entry on the day.

| OPEN MEETING | CLOSING DATE |
|--------------------------|-----------------------------------|
| Wednesday 13 April 2016 | Sunday 10 April 2016 at midnight |
| Wednesday 25 May 2016 | Sunday 22 May 2016 at midnight |
| Wednesday 20 July 2016 | Sunday 17 July 2016 at midnight |
| Wednesday 24 August 2016 | Sunday 21 August 2016 at midnight |

LOCATION

Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER



From **Edinburgh** or **Glasgow**: Leave the M8 at Junction 3. Head south on the A89 towards Livingston. Take the 2nd exit off the A89, 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 / TIMETABLE

13 April

| TIME | U11 | U13 | U15 | U17 | U20 / SEN | HIGH JUMP |
|------|-----------|-----------|--------------------------|-------------------------------------|------------------------|-----------|
| 6.45 | 80m | High Jump | High Jump | High Jump | High Jump | > 1.30m |
| 7.00 | | Javelin | Javelin | Shot Putt | Shot Putt | |
| | Long Jump | Long Jump | 300m | 300m (W) | | |
| 7.30 | | | | 400m (M) | 400m | |
| 7.45 | | 100m | 100m | 100m | 100m | |
| | Shot Putt | Shot Putt | | | | |
| 8.00 | High Jump | High Jump | High Jump Triple Jump | High Jump Triple Jump Javelin | Triple Jump Javelin | < 1.30m |
| 8.30 | 600m | | Shot Putt Long Jump | | | |
| 8.40 | | 800m | 800m | 800m | 800m | |

25 May

| TIME | U11 | U13 | U15 | U17 | U20 / SEN | HIGH JUMP |
|------|-----------|----------------|------------------------|------------------------|------------------------|-----------|
| 6.45 | | Sprint Hurdles | Sprint Hurdles | Sprint Hurdles | Sprint Hurdles | |
| | High Jump | High Jump | High Jump | High Jump | | < 1.30m |
| 7.00 | Shot Putt | Shot Putt | Long Jump | Long Jump | Long Jump | |
| 7.15 | 600m | | | | | |
| 7.30 | | 800m | 800m | 800m | 800m | |
| 8.00 | 150m | Long Jump | High Jump Shot Putt | High Jump Shot Putt | High Jump Shot Putt | > 1.30m |
| 8.15 | Long Jump | 200m | 200m | 200m | 200m | |

20 July

| TIME | U11 | U13 | U15 | U17 | U20 / SEN | HIGH JUMP |
|------|-----------|----------------------|--------------------------|------------------------|------------------------|-----------|
| 6.45 | 80m | High Jump | High Jump | High Jump | High Jump | > 1.30m |
| 7.00 | | Long Jump | Triple Jump Shot Putt | Triple Jump Javelin | Triple Jump Javelin | |
| | | 100m | 100m | 100m | 100m | |
| 7.30 | Shot Putt | Shot Putt | Long Jump | | | |
| 7.45 | | | | 400m (M) | 400m | |
| 8.00 | High Jump | High Jump Javelin | High Jump Javelin | High Jump 300m (W) | | < 1.30m |
| 8.15 | Long Jump | | 300m | Long Jump Shot Putt | Long Jump Shot Putt | |
| 8.30 | 600m | | | | | |
| 8.40 | | 1500m | 1500m | 1500m | 1500m | |

24 August

| TIME | U11 | U13 | U15 | U17 | U20 / SEN | HIGH JUMP |
|------|-------------------|------------------------|------------------------|------------------------|------------------------|-----------|
| 6.45 | High Jump | High Jump | High Jump | High Jump | | < 1.30m |
| 7.00 | 150m Long Jump | | Shot Putt | Shot Putt Long Jump | Shot Putt Long Jump | |
| 7.15 | | 200m | 200m | 200m | 200m | |
| 7.45 | | Long Jump | | | | |
| 8.00 | 600m Shot Putt | High Jump Shot Putt | High Jump Long Jump | High Jump | High Jump | > 1.30m |
| 8.15 | | 800m | 800m | 800m | 800m | |
| 8.45 | | | | 3000m | 3000m | |

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. 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 from 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 31/08/2005 and aged 9+; **U13** – 01/09/2003 to 31/08/2005; **U15** - 01/09/2001 to 31/08/2003; **U17** - 01/09/1999 to 31/08/2001; **U20** - 01/01/1997 to 31/08/2000; **SEN** – born before 01/01/1997.

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 high jump pools will be split by personal best, not age group. Athletes with a personal best of 1.30m or higher will be in one pool, and athletes with a personal best less than 1.30m or no personal best will be in another pool.
- c. The minimum take off board for triple jump is 7.00m.

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.