

LIVINGSTON OPEN MEETINGS

Summer 2013

Wednesday 17th April

Wednesday 29th May

Wednesday 21st August

7.00 PM – 9.00 PM

Craigswood Sports Centre, Livingston

£2.50 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 day.

What does it cost?

£2.50 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.

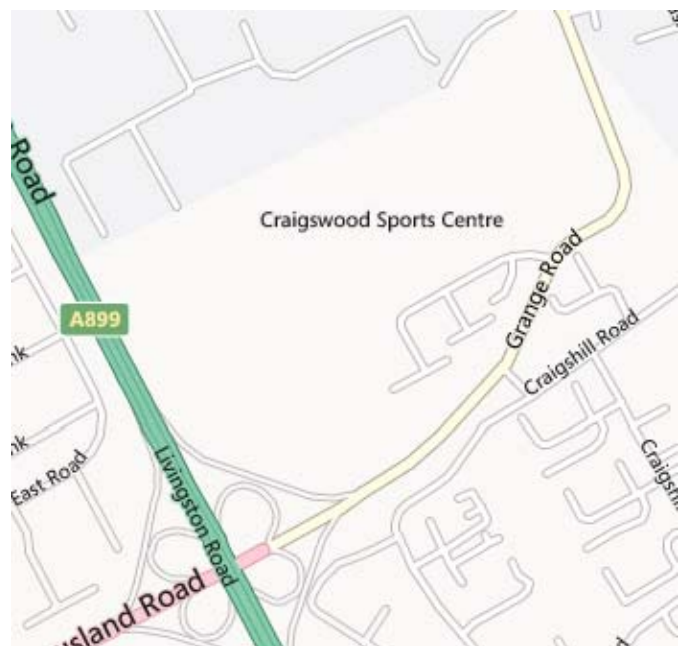
When do entries close?

Entries open 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
Wednesday 17 th April	Sunday 14 th April at midnight
Wednesday 29 th May	Sunday 26 th May at midnight
Wednesday 21 st August	Sunday 18 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 3rd exit off the A899, signposted "Craigiehill 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 17th April

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

Wed 29th May

TIME	U11	U13	U15	U17	SEN
7.00	High Jump	High Jump	High Jump		
	Shot Putt	Shot Putt	Long Jump	Long Jump	Long Jump
7.15		Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.40	800m				
7.50	200m	200m	200m	200m	200m
8.00	Long Jump	Long Jump			
8.15			Shot Putt	Shot Putt	Shot Putt
8.50		1500m	1500m	1500m	1500m

Wed 21st Aug

TIME	U11	U13	U15	U17	SEN
7.00	Long Jump	Long Jump	High Jump	High Jump	High Jump
	800m	800m	800m	800m	800m
7.30	100m	100m	100m	100m	100m
8.00	Shot Putt	Shot Putt	Shot Putt	Shot Putt	Shot Putt
	High Jump	High Jump	Long Jump	Long Jump	Long Jump
8.30			300m (W)	300m (W)	
8.45			400m (M)	400m (M)	400m

NOTES

1. Entries must be made in advance using the online entry form at www.livingstonac.com/open with payment by credit/debit card via PayPal.
2. Entry fee is £2.50 per event payable in advance.
3. Late entries are not accepted and 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 31/08/02 and aged 9+; **U13** – 01/09/00 to 31/08/02; **U15** - 01/09/98 to 31/08/00; **U17** - 01/09/96 to 31/08/98; **SEN** – born before 01/09/96.
6. Track events will be seeded based on performance, with the heats ordered fastest to slowest.
7. In field events, excluding high jump, all athletes will get 3 trials.
8. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
9. Declarations will open at 6.00 PM in the athletics pavilion and will close 30 minutes before the published start time of each event.
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.