

**LIVINGSTON
ATHLETIC CLUB**

COMBINED EVENTS OPEN CHAMPIONSHIPS

Sunday 7th August 2016

Craigswood Sports Centre, Livingston

Pentathlon (U13 – SEN)

Quadathlon (U11)

& Mile Open Championships (U13 – SEN)



Pre-entry online only at

www.livingstonac.com/ce

Closing date Sunday 24th July at midnight

scottishathletics permit event run under UK Athletics rules

EVENTS / TIMETABLE

COMBINED EVENTS

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

INDIVIDUAL EVENTS

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

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.

ENTRIES

What is it?

The Livingston Combined Events Open Championship, also including Mile Open Championships. 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/open. There are NO paper entry forms and there's no entry on the day.

What does it cost?

Entry fees are £10 per athlete for combined events (quadrathlon / pentathlon) and £5 per athlete for individual events (mile). There's no entry fee for spectators.

How do I pay?

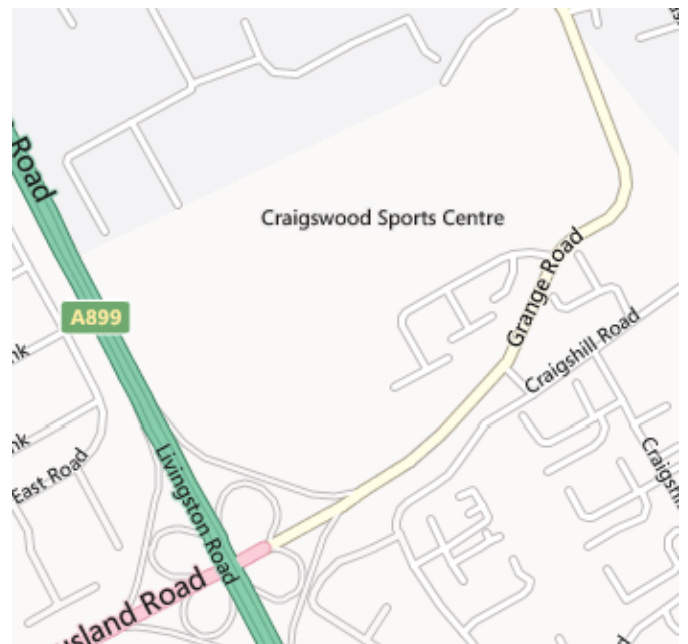
You can pay the entry fee online by credit/debit card via PayPal.

When do entries close?

Entries close at midnight on the Sunday 24th July 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 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.

1. Entries

- a. Entries must be made in advance using the online entry form at www.livingstonac.com/ce with payment by credit/debit card via PayPal.
- b. Entry fees are £10 per athlete for combined events (quadrathlon / pentathlon) and £5 per athlete for individual events (mile).
- c. There is no entry on the day.
- d. The club reserve the right to close entries for before the official closing date if the meeting or individual events have reached capacity.
- e. 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. 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/SEN). U20s and Seniors will be combined for medal purposes.

4. Mile

- a. Mile races will be seeded based on performance, with the heats typically ordered fastest to slowest.
- b. Medals will be presented for 1st/2nd/3rd place for each age group (U11/U13/U15/U17/SEN). U20s and Seniors will be combined for medal purposes.

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 events run under UK Athletics rules.

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