

**LIVINGSTON
ATHLETIC CLUB**



LIVINGSTON OPEN MEETINGS

- 7** Wednesday 19 April
- 4** Wednesday 24 May
- 0** Wednesday 19 July
- 2** Wednesday 23 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.

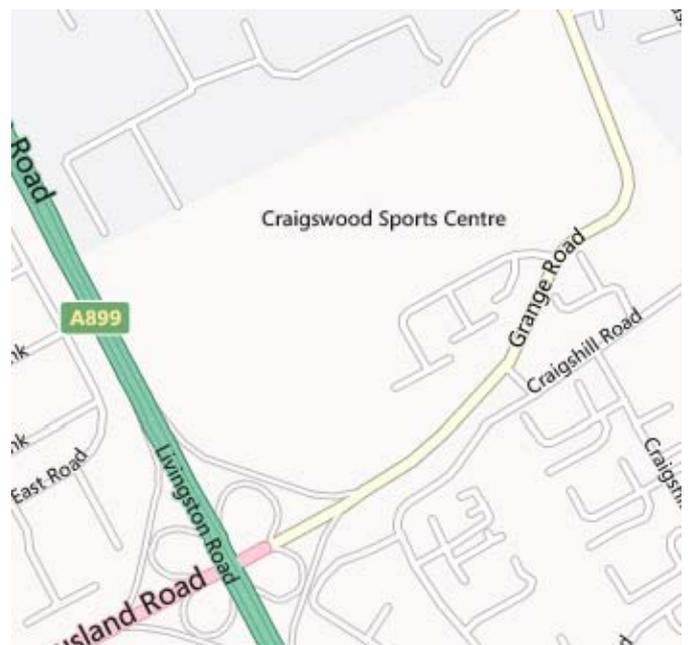
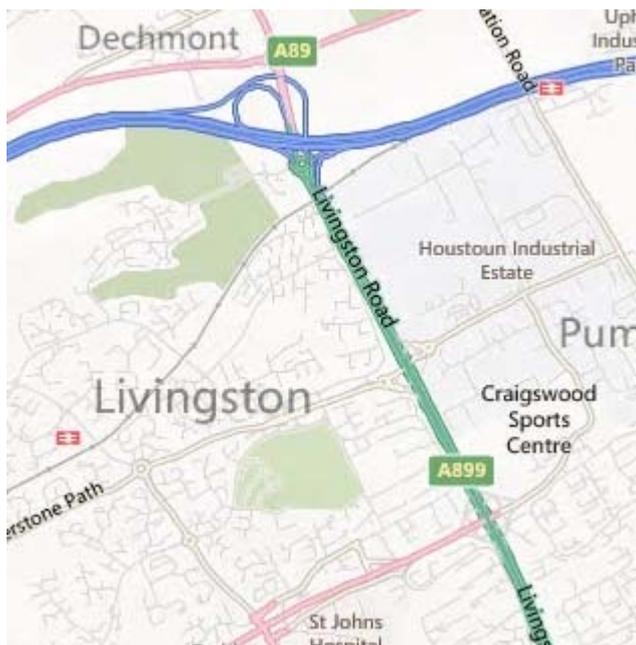
When do entries close?

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 19 April 2017	Sunday 16 April 2017 at midnight
Wednesday 24 May 2017	Sunday 21 May 2017 at midnight
Wednesday 19 July 2017	Sunday 16 July 2017 at midnight
Wednesday 23 August 2017	Sunday 20 August 2017 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 / TIMETABLE

19 April

TIME	U11	U13	U15	U17	U20 / SEN	HIGH JUMP
6.45	80m	Long Jump	High Jump	High Jump	High Jump	>= 1.30m
7.00		100m Javelin	100m Javelin	100m Shot Putt	100m Shot Putt	
7.30	Long Jump		300m	300m (W)		
7.45	Shot Putt	Shot Putt				
8.00	High Jump	High Jump	High Jump Triple Jump	400m (M) Triple Jump Javelin	400m Triple Jump Javelin	< 1.30m
8.15		100m	100m	100m	100m	
8.30	600m		Long Jump Shot Putt	Long Jump	Long Jump	
8.35		1200m (G)				
8.40		1500m (B)	1500m	1500m	1500m	

24 May

TIME	U11	U13	U15	U17	U20 / SEN	HIGH JUMP
6.45	High Jump	Sprint Hurdles High Jump	Sprint Hurdles High Jump	Sprint Hurdles Long Jump	Sprint Hurdles Long Jump	< 1.30m
7.00	Shot Putt	Shot Putt				
7.15	600m		Long Jump			
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		200m	200m	200m	200m	
8.30	Long Jump					

19 July

TIME	U11	U13	U15	U17	U20 / SEN	HIGH JUMP
6.45	80m	Long Jump	High Jump	High Jump	High Jump	>= 1.30m
7.00		100m Shot Putt	100m Shot Putt	100m	100m	
7.30			Triple Jump	Triple Jump	Triple Jump	
7.45				400m (M)	400m	
8.00	High Jump	High Jump	High Jump 300m Shot Putt	300m (W) Shot Putt		< 1.30m
8.15	Long Jump					
8.30	600m					
8.35		1200m (G)	Long Jump			
8.40		1500m (B)	1500m	1500m	1500m	

23 August

TIME	U11	U13	U15	U17	U20 / SEN	HIGH JUMP
6.45	150m High Jump	High Jump	Shot Putt High Jump	Long Jump	Long Jump	< 1.30m
7.00		200m Javelin	200m Javelin	200m	200m	
7.15	Long Jump			Shot Putt	Shot Putt	
7.45	600m	Long Jump				
8.00		800m	800m High Jump	800m High Jump	800m High Jump	>= 1.30m
	Shot Putt	Shot Putt	Javelin	Javelin	Javelin	
8.30			Long Jump			
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 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 31/08/2006 and aged 9+; **U13** – 01/09/2004 to 31/08/2006; **U15** - 01/09/2002 to 31/08/2004; **U17** - 01/09/2000 to 31/08/2002; **U20** - 01/01/1998 to 31/08/2000; **SEN** – born before 01/01/1998.

3. Track Events

- a. Track events will be seeded on the night, after declarations close, based on performance, with the heats typically ordered fastest to slowest.
- b. At the April meeting, there will be 2 rounds of the 100m. Athletes should enter each round separately (£3.50 per round).
- c. 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. Entry lists and 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.