

**LIVINGSTON  
ATHLETIC CLUB**

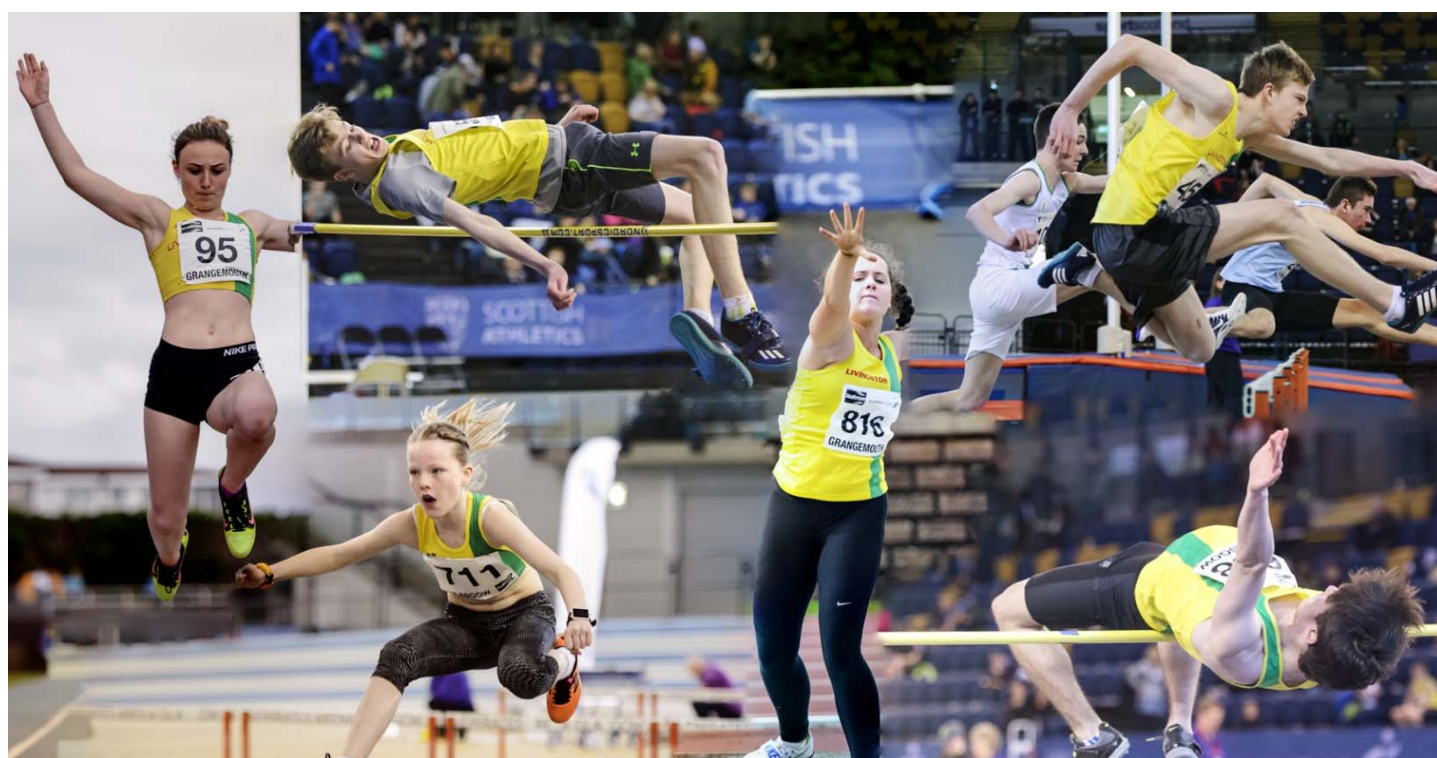
# ***COMBINED EVENTS OPEN CHAMPIONSHIPS***

**Sunday 5 August 2018**

**Craigswood Sports Centre, Livingston**

**Pentathlon (U13 – SEN)**

**Quadathlon (U11)**



Pre-entry online only at

**[www.livingstonac.com/ce](http://www.livingstonac.com/ce)**

Closing date Sunday 29 July at midnight

scottishathletics licensed event run under UK Athletics rules

# EVENTS / TIMETABLE

## COMBINED EVENTS CHAMPIONSHIPS

TIME	U11G	U11B	U13G	U13B	U15G	U15B	U17W	U17M	U20/SW	U20/SM
11.00	SP		HJ		LJ			100mH	100mH	110mH
11.15						80mH	80mH			
11.30				75mH						
11.45		SP								
12.00										
12.15	LJ				75mH					
12.30				HJ		SP	SP	SP	SP	SP
12.45			70mH							
13.00		LJ								
13.15										
13.30	80m				SP	HJ	HJ	HJ	HJ	HJ
13.45			LJ							
14.00		80m		SP						
14.15										
14.30	600m									
14.45		600m								
15.00						LJ	LJ	LJ	LJ	LJ
15.15					HJ					
15.30			SP							
15.45				LJ						
16.00										
16.15						800m	800m	800m	800m	800m
16.30										
16.45					800m					
17.00			800m	800m						

## OPEN TRACK 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

## How do I enter?

Athletes should enter in advance using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open). There are no paper entry forms and there's no entry on the day.

## What does it cost?

£10 per athlete for combined events (quadrathlon / pentathlon) and £5 per athlete for open track events (Mile). There's no entry fee for spectators.

## How do I pay?

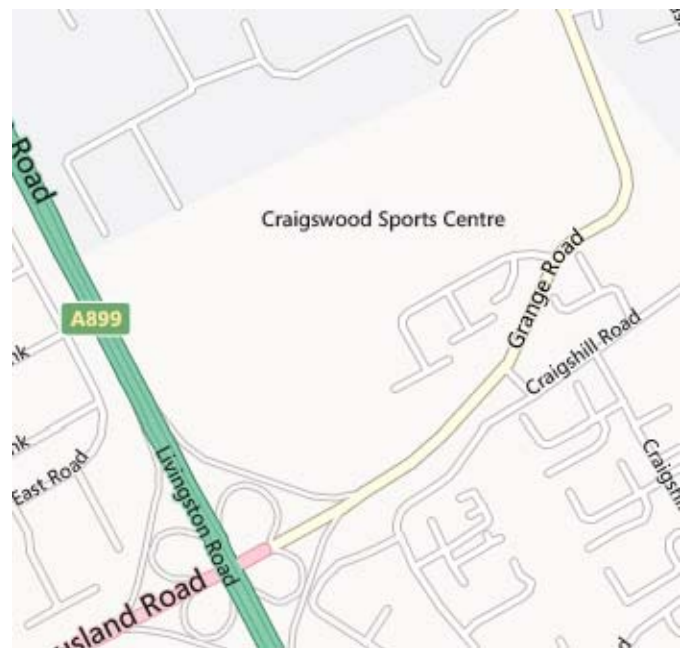
You can pay the entry fee online by credit/debit card via PayPal.

## When do entries close?

Entries close on Sunday 29 July at midnight. 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 2<sup>nd</sup> exit off the A899, signposted "Craigshill North". Take the 1<sup>st</sup> 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](http://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 open track events (Mile).
- c. Entries close on Sunday 29 July at midnight. Entries are accepted on a first come first served basis and will close earlier if the meeting has reached capacity. There's no entry on the day.
- d. 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 31/08/2007 and aged 9+; **U13** – 01/09/2005 to 31/08/2007; **U15** - 01/09/2003 to 31/08/2005; **U17** - 01/09/2001 to 31/08/2003; **U20** - 01/01/1999 to 31/08/2001; **SEN** – born before 01/01/1999.

## 3. Combined Events

- a. **Quadrathlon (U11)** – 80m, 600m, Long Jump & Shot Putt
- b. **Pentathlon (U13-SEN)** – Sprint Hurdles, 800m, High Jump, Long Jump & Shot Putt
- c. In field events, excluding high jump, all athletes will get 3 trials.
- d. **High Jump** - starting heights are: **U13G** – 1.06m; **U13B** – 1.06m; **U15G** – 1.15m; **U15B** – 1.21m. All heights will progress in 3cm increments.
- e. Medals will be presented for 1st/2nd/3rd place for each age group (U11/U13/U15/U17/SEN). Under 20, Seniors and Masters will be combined for medal purposes.

## 4. Open Track Events

- a. **Mile** - Medals will be presented for 1st/2nd/3rd place for each age group (U13/U15/U17/SEN). Under 20, Seniors and Masters 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 **scottishathletics** licensed events run under UK Athletics rules. Entry data and results will be shared with **scottishathletics**.



For further information please email: [events@livingstonac.com](mailto:events@livingstonac.com).