

**LIVINGSTON
ATHLETIC CLUB**

COMBINED EVENTS OPEN CHAMPIONSHIPS

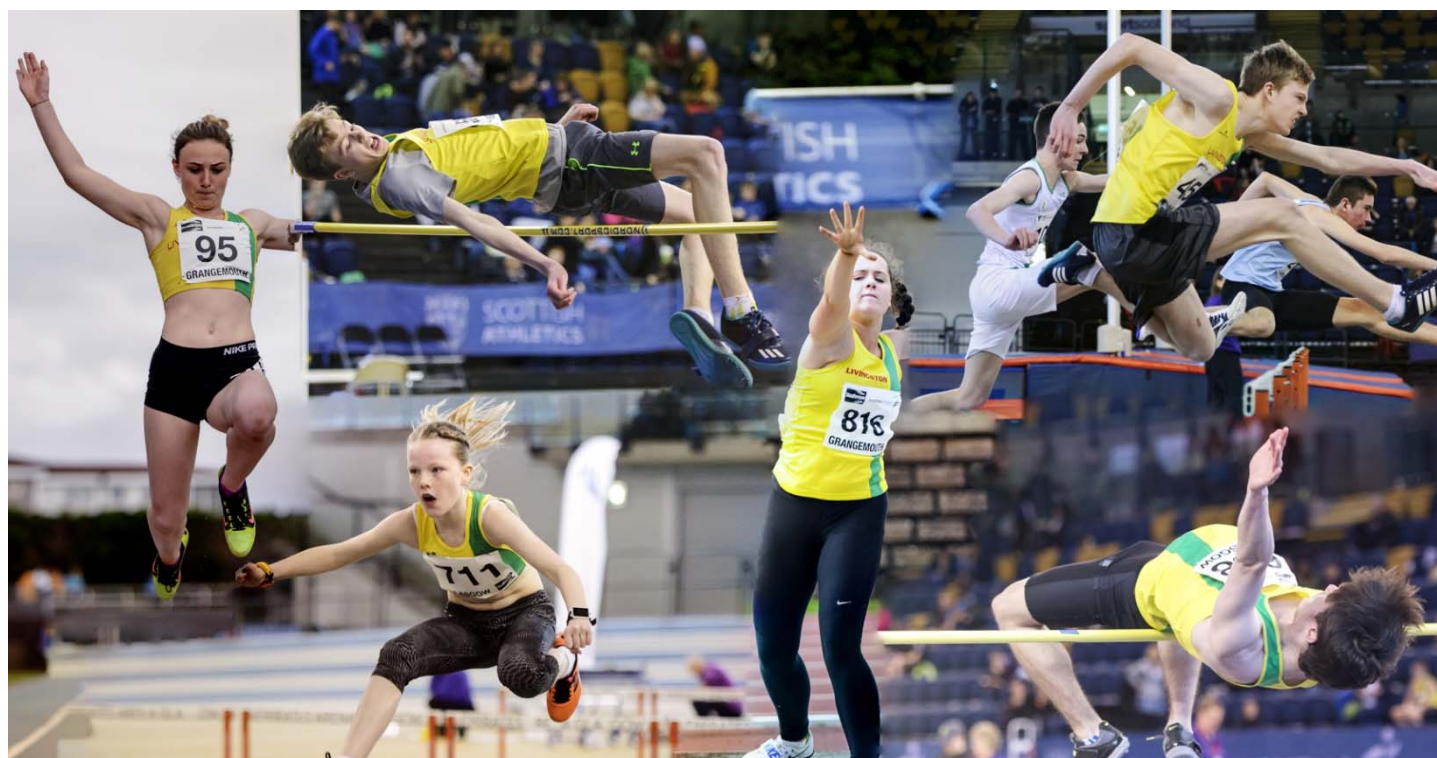
Sunday 28 July 2019

Craigswood Sports Centre, Livingston

Pentathlon (U13 – SEN)

Quadathlon (U11)

300m/400m Hurdles (U15+) & 1 Mile (U13+)



Pre-entry online only at

www.livingstonac.com/ce

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 |
|-------|-----|------|--------------|------------------|--------------|
| 10.00 | | | 300m Hurdles | 300m Hurdles (W) | |
| 10.30 | | | | 400m Hurdles (M) | 400m Hurdles |
| 14.15 | | 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/ce. 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?

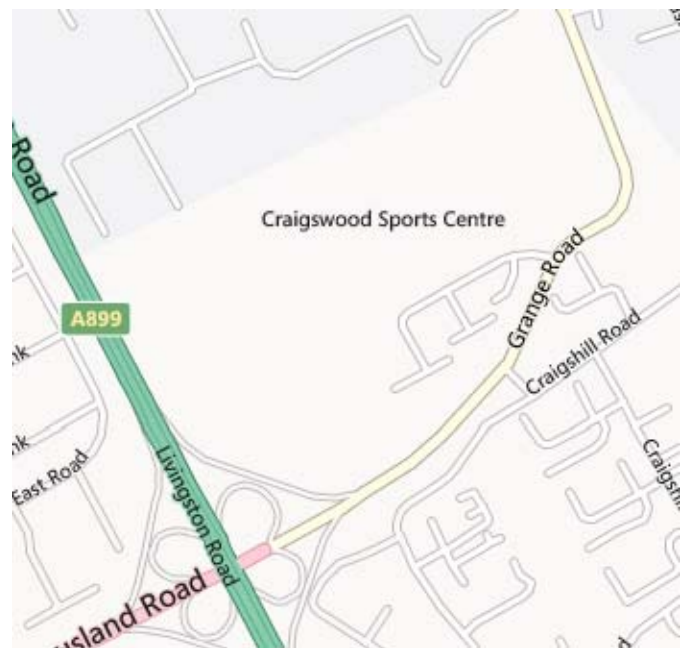
You can pay the entry fee online by credit/debit card via PayPal.

When do entries close?

Entries close on Wednesday 24 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 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 open track events (Mile).
- c. Entries close on Sunday 21 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 31/08/2008 and aged 9+; **U13** – 01/09/2006 to 31/08/2008; **U15** - 01/09/2004 to 31/08/2006; **U17** - 01/09/2002 to 31/08/2004; **U20** - 01/01/2000 to 31/08/2002; **SEN** – born before 01/01/2000.

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** – 1.03m; **U13B** – 1.03m; **U15G** – 1.09m; **U15B** – 1.15m. 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.