



LIVINGSTON
ATHLETIC CLUB

LIVINGSTON

OPEN MEETING

OPEN

Wed 17 April

Wed 22 May

Wed 19 June

Wed 17 July

Wed 21 August

6.45 pm – 9.00 pm

Xcite Craigswood, Livingston

£4 per event

Pre-entry only at:

www.livingstonac.com/open

scottishathletics licensed 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?

£4 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.

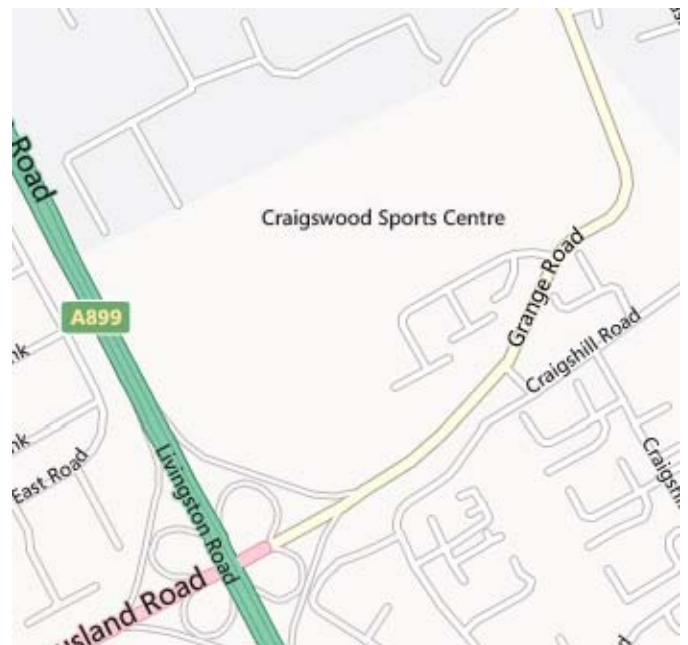
When do entries open/close?

OPEN MEETING	ENTRIES OPEN	ENTRIES CLOSE
Wed 17 April 2019	Wed 13 March 2019 at 9.00 pm	Sun 14 April 2019 at midnight *
Wed 22 May 2019	Wed 17 April 2019 at 9.00 pm	Sun 19 May 2019 at midnight *
Wed 19 June 2019	Wed 22 May 2019 at 9.00 pm	Sun 16 June 2019 at midnight *
Wed 17 July 2019	Wed 19 June 2019 at 9.00 pm	Sun 14 July 2019 at midnight *
Wed 21 August 2019	Wed 17 July 2019 at 9.00 pm	Sun 18 August 2019 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.

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

17 April

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.11m	80m	Long Jump			
7.00			100m Javelin	100m Javelin	100m Shot Putt	100m Shot Putt
7.30	St. Ht. 1.31m	Long Jump		Shot Putt		
7.45					400m (M)	400m
8.00	St. Ht. 0.96m	Shot Putt	Shot Putt	300m	300m (W) Long Jump Javelin	Long Jump Javelin
8.15		600m				
8.30			800m	800m Long Jump	800m	800m

22 May

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 0.97m	Long Jump	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.00				Shot Putt	Discus	Discus
7.15		600m				
7.30			200m Shot Putt	200m Triple Jump	200m Triple Jump	200m Triple Jump
7.45	St. Ht. 1.32m					
8.00		150m	Discus	Discus Long Jump		
8.15	St. Ht. 1.12m		1200m (G)			
8.30			1500m (B) Long Jump	1500m	1500m Shot Putt	1500m Shot Putt

19 June

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 0.98m	80m	Long Jump			
7.00			100m	100m Shot Putt	100m Javelin	100m Javelin
7.30		Shot Putt Long Jump	Shot Putt			
7.45	St. Ht. 1.33m				400m (M)	400m
8.00				300m Javelin	300m (W) Long Jump	Long Jump
8.15	St. Ht. 1.13m	600m				
8.30			800m	800m Long Jump	800m Shot Putt	800m Shot Putt

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

17 July	TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
	6.45	St. Ht. 1.14m	Long Jump	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
	7.00				Shot Putt	Discus	Discus
	7.15		600m		Triple Jump	Triple Jump	Triple Jump
	7.30	St. Ht. 1.34m		200m	200m	200m	200m
			Shot Putt	Shot Putt			
	7.45				Long Jump		
	8.00	St. Ht. 0.99m	150m	Discus	Discus		
	8.15			1500m	1500m	1500m	1500m
			Long Jump				
8.30					Shot Putt	Shot Putt	

21 August	TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
	6.45	St. Ht. 1.15m	80m	Long Jump		Shot Putt	Shot Putt
	7.00			100m	100m	100m	100m
				Javelin	Javelin		
	7.15		Long Jump				
	7.30	St. Ht. 1.35m				Shot Putt	
	7.45					400m (M)	400m
						Long Jump	Long Jump
	8.00	St. Ht. 1.00m	Shot Putt	Shot Putt	300m	300m (W)	
					Javelin	Javelin	
8.15		600m		Long Jump			
8.30			800m	800m	800m	800m	

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

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 £4 per event payable in advance.
- c. Entries are accepted on a first come first served basis and will close when 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).
- e. Athletes can enter a maximum of 2 individual events.

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. 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. 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. **Triple Jump** - The minimum take off board for triple jump is 7.00m.
- c. **High Jump** - The high jump will be split into three pools based on personal best, not age group, each pool with a different starting height. Athletes with no personal best will be in the pool with the lowest starting height. Progressions will be in 5cm increments from the starting height.

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 **scottishathletics** licensed events run under UK Athletics rules. Entry data and results will be shared with **scottishathletics**.

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For further information please email: events@livingstonac.com