



**LIVINGSTON
ATHLETIC CLUB**

LIVINGSTON OPEN MEETING

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Wed 15 April

Wed 20 May

Wed 17 June

Wed 15 July

Wed 19 August

6.45 pm – 9.00 pm

Xcite Craigswood, Livingston

£5 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?

£5 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.

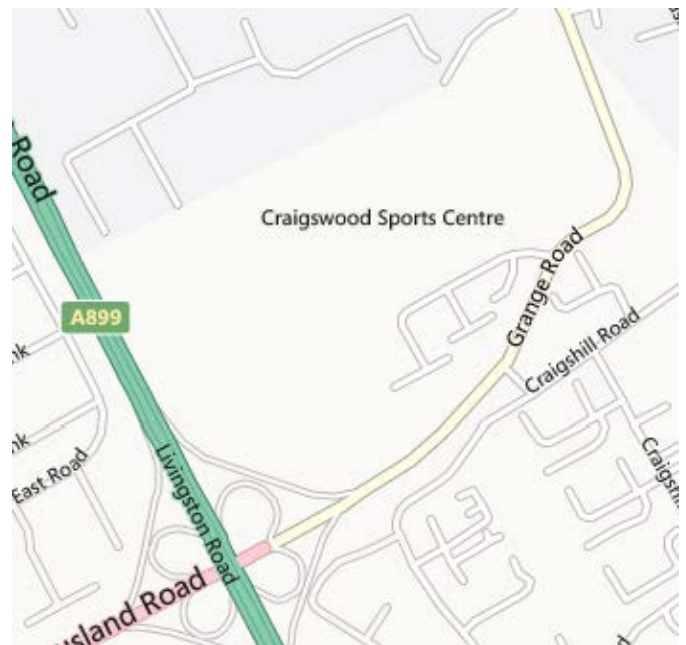
When do entries open/close?

OPEN MEETING	ENTRIES OPEN	ENTRIES CLOSE
Wed 15 April 2020	Wed 11 March 2020 at 9.00 pm	Fri 10 April 2020 at midnight *
Wed 20 May 2020	Wed 15 April 2020 at 9.00 pm	Fri 15 May 2020 at midnight *
Wed 17 June 2020	Wed 20 May 2020 at 9.00 pm	Fri 12 June 2020 at midnight *
Wed 15 July 2020	Wed 17 June 2020 at 9.00 pm	Fri 10 July 2020 at midnight *
Wed 19 August 2020	Wed 15 July 2020 at 9.00 pm	Fri 14 August 2020 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

15 April

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.11m	80m	Long Jump			
7.00			100m	100m	100m	100m
			Javelin	Javelin	Shot Putt	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
					Long Jump	Long Jump
					Javelin	Javelin
8.15		600m				
8.30			1500m	1500m	1500m	1500m
				Long Jump		

20 May

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
6.45	St. Ht. 0.97m	Long Jump				
7.00		600m		Shot Putt	Discus	Discus
7.15			200m	200m	200m	200m
				Triple Jump	Triple Jump	Triple Jump
7.30	St. Ht. 1.32m	Shot Putt	Shot Putt			
7.45				Long Jump		
8.00		150m	Discus	Discus		
8.15	St. Ht. 1.12m		800m	800m	800m	800m
			Long Jump			
8.30					Shot Putt	Shot Putt

17 June

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 0.98m	80m	Long Jump			
7.00			100m	100m	100m	100m
				Shot Putt	Javelin	Javelin
7.30	St. Ht. 1.33m	Shot Putt	Shot Putt			
		Long Jump				
7.45					400m (M)	400m
8.00				300m	300m (W)	
			Javelin	Javelin	Long Jump	Long Jump
8.15	St. Ht. 1.13m	600m			Shot Putt	Shot Putt
8.30			1500m	1500m	1500m	1500m
				Long Jump		

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.

15 July	TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
	6.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
	6.45	St. Ht. 1.14m	Long Jump				
	7.00		600m		Shot Putt	Discus	Discus
	7.15			200m	200m	200m	200m
					Triple Jump	Triple Jump	Triple Jump
	7.30	St. Ht. 1.34m	Shot Putt	Shot Putt			
	7.45				Long Jump		
	8.00		150m	Discus	Discus		
	8.15	St. Ht. 0.99m		800m	800m	800m	800m
			Long Jump				
8.30					Shot Putt	Shot Putt	

19 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	400m (M)	400m
	7.45				300m	300m (W)	
						Long Jump	Long Jump
	8.00	St. Ht. 1.00m		1500m	1500m	1500m	1500m
			Shot Putt	Shot Putt		Javelin	Javelin
8.15				Long Jump			
8.30		600m					
8.45					3000m	3000m	

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 £5 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 31/08/2009 and aged 9+; **U13** – 01/09/2007 to 31/08/2009; **U15** - 01/09/2005 to 31/08/2007; **U17** - 01/09/2003 to 31/08/2005; **U20** - 01/01/2001 to 31/08/2003; **SEN** – born before 01/01/2001.

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