



**LIVINGSTON**  
**ATHLETIC CLUB**

# **LIVINGSTON**

# **OPEN MEETING**

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**Fri 22 Apr**

**Fri 27 May**

**Fri 24 June**

**Fri 22 July**

**Fri 2 Sept**

**6.45 pm – 9.00 pm**

**Xcite Craigswood, Livingston**

**£6.50 per event**

Pre-entry only at:

**[www.livingstonac.com/open](http://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](http://www.livingstonac.com/open). There are no paper entry forms and there's no entry on the day.

## What does it cost?

£6.50 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.

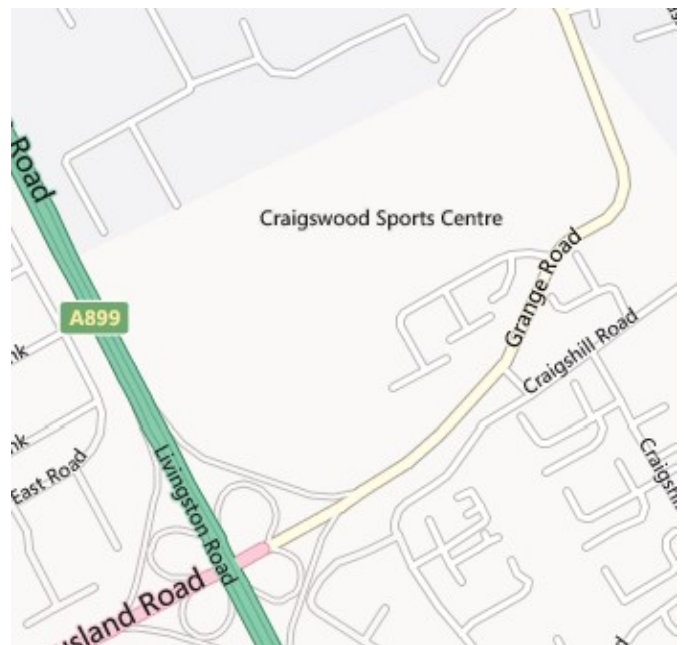
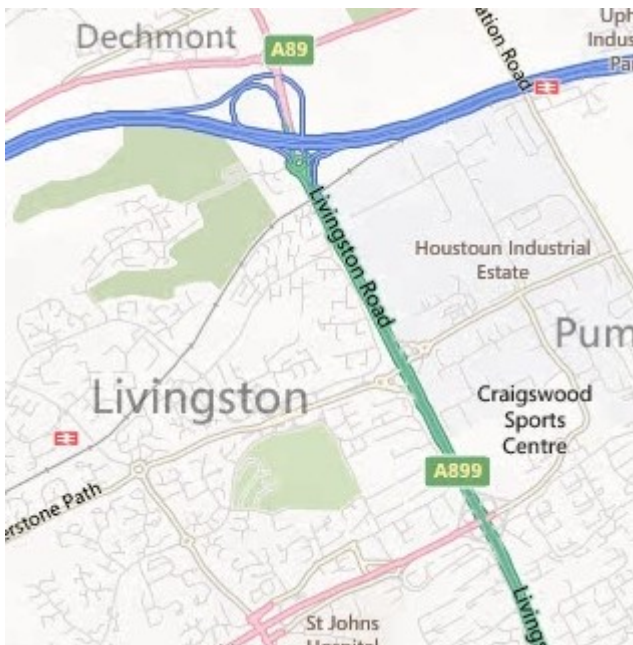
## When do entries open/close?

OPEN MEETING	ENTRIES OPEN	ENTRIES CLOSE
Fri 22 April 2022	Fri 1 April 2022 at 9.00 pm	Sun 17 April 2022 at midnight *
Fri 27 May 2022	Fri 22 April 2022 at 9.00 pm	Sun 22 May 2022 at midnight *
Fri 24 June 2022	Fri 27 May 2022 at 9.00 pm	Sun 19 June 2022 at midnight *
Fri 22 July 2022	Fri 24 June 2022 at 9.00 pm	Sun 17 July 2022 at midnight *
Fri 2 September 2022	Fri 22 July 2022 at 9.00 pm	Sun 28 August 2022 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 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.

# EVENTS / TIMETABLE

24 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 Put	100m Shot Put
7.30	St. Ht. 1.31m	Long Jump		Shot Put		
7.45					400m (M)	400m
8.00	St. Ht. 0.96m	Shot Put	Shot Put	300m	300m (W) Long Jump Javelin	Long Jump Javelin
8.15		600m				
8.30			1500m	1500m Long Jump	1500m	1500m

27 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 Put	Discus	Discus
7.15			200m	200m Triple Jump	200m Triple Jump	200m Triple Jump
7.30	St. Ht. 1.32m	Shot Put	Shot Put			
7.45				Long Jump		
8.00		150m	Discus	Discus		
8.15	St. Ht. 1.12m		800m Long Jump	800m	800m	800m
8.30					Shot Put	Shot Put

24 June

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

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.

# 22 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 Put	Discus	Discus
7.15			200m	200m	200m	200m
				Triple Jump	Triple Jump	Triple Jump
7.30	St. Ht. 1.34m	Shot Put	Shot Put			
7.45				Long Jump		
8.00		150m	Discus	Discus		
8.15	St. Ht. 0.99m		800m	800m	800m	800m
			Long Jump			
8.30					Shot Put	Shot Put

# 2 September

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.45	St. Ht. 1.15m	80m	Long Jump		Javelin	Javelin
7.00			100m	100m	100m	100m
7.15		Long Jump				
7.20			Javelin	Javelin		
7.30	St. Ht. 1.35m					
7.45					400m (M)	400m
					Long Jump	Long Jump
8.00				300m	300m (W)	
		Shot Put	Shot Put	Shot Put		
8.15	St. Ht. 1.00m	600m		Long Jump		
8.30			1500m	1500m	1500m	1500m
					Shot Put	Shot Put

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](http://www.livingstonac.com/open) with payment by credit/debit card via PayPal.
- b. Entry fee is £6.50 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 31/08/2011 and aged 9+; **U13** – 01/09/2009 to 31/08/2011; **U15** - 01/09/2007 to 31/08/2009; **U17** - 01/09/2005 to 31/08/2007; **U20** - 01/01/2003 to 31/08/2005; **SEN** – born 31/12/2002 or earlier.

## 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 4 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**.

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