



LIVINGSTON
ATHLETIC CLUB

LIVINGSTON

OPEN MEETING

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Fri 26 May

Fri 23 June

Fri 4 Aug

Fri 1 Sept

6.30 pm – 9.00 pm

Xcite Craigswood, Livingston

£6.50 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?

£6.50 per event and athletes can do a maximum of 3 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.

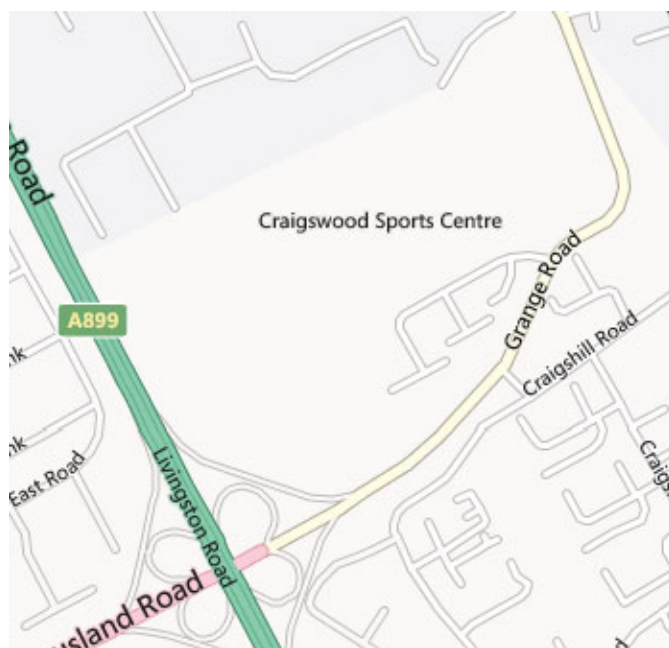
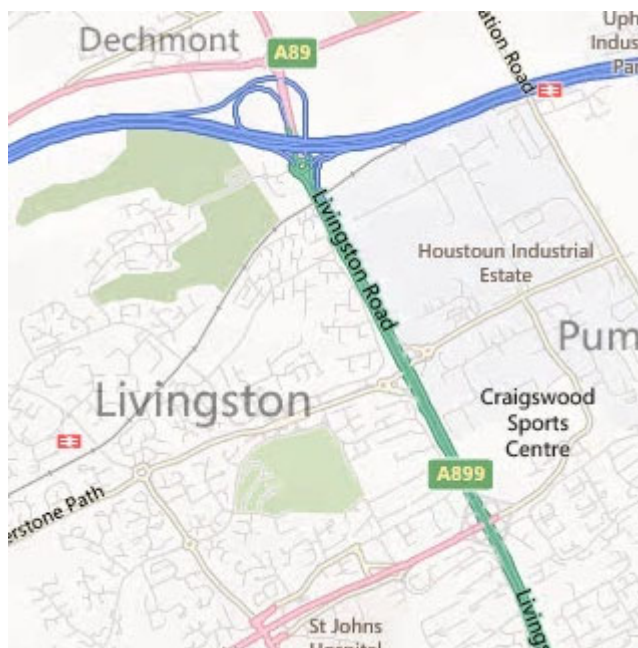
When do entries open/close?

OPEN MEETING	ENTRIES OPEN	ENTRIES CLOSE
Fri 26 May 2023	Mon 1 May 2023 at noon	Sun 21 May 2023 at midnight *
Fri 23 June 2023	Fri 26 May 2023 at 9.00 pm	Sun 18 June 2023 at midnight *
Fri 4 August 2023	Fri 23 June 2023 at 9.00 pm	Sun 30 July 2023 at midnight *
Fri 1 September 2023	Fri 4 August 2023 at 9.00 pm	Sun 27 August 2023 at midnight *

* Entries are accepted on a first come first served basis and will close earlier if the meeting, or individual events, reach 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

26 May

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

23 June

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.30		80m	Long Jump			
			Javelin	Javelin		
6.45	St. Ht. 0.98m		100m	100m	100m	100m
7.00					Javelin	Javelin
7.15		Long Jump				
7.30	St. Ht. 1.33m				400m (M)	400m
7.45		Shot Put	Shot Put	300m	300m (W)	
8.00		600m		Long Jump		
8.15	St. Ht. 1.13m		1500m	1500m	1500m	1500m
				Shot Put	Shot Put	Shot Put
8.30					Long Jump	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.

4 August

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

1 September

TIME	HIGH JUMP	U11	U13	U15	U17	U20 / SEN
6.30		80m		Long Jump		
					Javelin	Javelin
6.45	St. Ht. 1.15m		100m	100m	100m	100m
7.00		Long Jump	Javelin	Javelin		
7.30	St. Ht. 1.35m				400m (M)	400m
7.45		Shot Put	Shot Put	300m	300m (W)	
			Long Jump			
8.00		600m				
8.15	St. Ht. 1.00m		1500m	1500m	1500m	1500m
				Shot Put	Shot Put	Shot Put
8.30					Long Jump	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.

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.
- 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 outside the club's control (e.g. weather).
- e. Athletes can enter a maximum of 3 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 31/08/2012 and aged 9+; **U13** – 01/09/2010 to 31/08/2012; **U15** - 01/09/2008 to 31/08/2010; **U17** - 01/09/2006 to 31/08/2008; **U20** - 01/01/2004 to 31/08/2006; **SEN** – born 31/12/2003 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. **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 **scottish**athletics licensed events run under UK Athletics rules. Entry data and results will be shared with **scottish**athletics.

For further information please email: events@livingstonac.com

scottishathletics 

licensed event