

ENTRIES

How do I enter?

Athletes should enter in advance using the online entry system at **data.opentrack.run**. There are no entries on the day.

What does it cost?

£8.00 for the first event and £7.00 for a second event. 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.

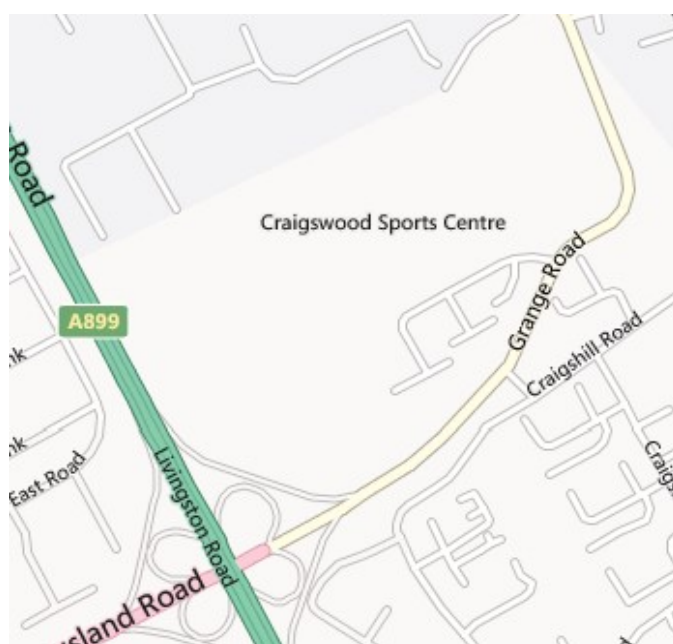
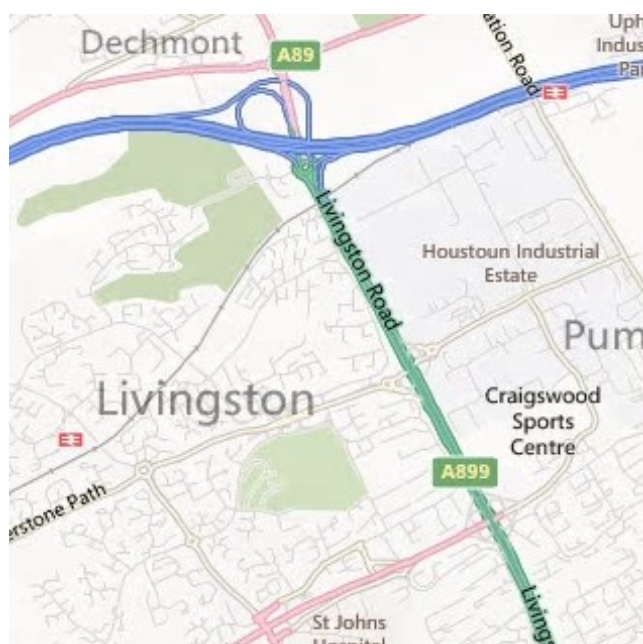
When do entries open/close?

OPEN MEETING	ENTRIES OPEN	ENTRIES CLOSE
Fri 23 May 2025	Fri 2 May 2025 at 10.00 pm	Sun 18 May 2025 at midnight *
Fri 27 June 2025	Fri 30 May 2025 at 10.00 pm	Sun 22 June 2025 at midnight *
Fri 1 August 2025	Fri 4 July 2025 at 10.00 pm	Sun 27 July 2025 at midnight *
Fri 5 September 2025	Fri 8 August 2025 at 10.00 pm	Sun 31 August 2025 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 A89 towards Livingston. Take the 2nd exit off the A89, 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

23 May | 1 August

TIME	U11	U13	U15	U17	U20 / SEN
6.30	150m			Javelin	Javelin
6.50		200m	200m	200m	200m
7.00		Javelin	Javelin		
7.30				Long Jump	Long Jump
7.45	600m				
8.00		800m	800m	800m	800m
	Long Jump	Long Jump	Long Jump		

27 June | 5 September

TIME	U11	U13	U15	U17	U20 / SEN
6.30	80m	Shot Put	Shot Put	Long Jump	Long Jump
6.50		100m	100m	100m	100m
7.10	Long Jump			Shot Put	Shot Put
7.30				400m (M)	400m
7.50	Shot Put		300m	300m (W)	
		Long Jump	Long Jump		
8.10	600m				
8.20		1500m	1500m	1500m	1500m

Timetables are provisional. The events offered and the timings are subject to change. Entry lists and an updated timetable will be released after entries close for each meeting.

Track events will be seeded based on performance, with the heats ordered fastest to slowest, except the 1500m which is slowest to fastest.

RULES

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 £8.00 for the first event and £7.00 for a second event.
- 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 2 individual events.

2. Age Groups

- a. The meeting is open to male and female athletes in age groups from Under 11 to Seniors. Athletes must be at least 9 years of age on the day of competition.
- b. Age group cut offs are; **U11** – born after 31/08/2014 and aged 9+; **U13** – 01/09/2012 to 31/08/2014; **U15** – 01/09/2010 to 31/08/2012; **U17** – 01/09/2008 to 31/08/2010; **U20** – 01/01/2006 to 31/08/2008; **SEN** – born 31/12/2005 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 **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**