

LIVINGSTON
ATHLETIC CLUB

LIVINGSTON

OPEN MEETING

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Fri 23 May

Fri 27 June

Fri 1 Aug

Fri 5 Sept

6.30 pm – 9.00 pm

Xcite Craigswood, Livingston

£8.00 per event

Enter at:

www.livingstonac.com/open

scottishathletics licenced events run under UK Athletics rules

ENTRIES

How do I enter?

All entries must be made in advance via OpenTrack. No entries on the day.

What does it cost?

£8.00 for the first event and £7.00 for a second event. Athletes can enter a maximum of 2 events per open meeting. There is no charge for spectators.

When do entries open and 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 may close earlier if the meeting or individual events reach capacity. There are no entries on the day.

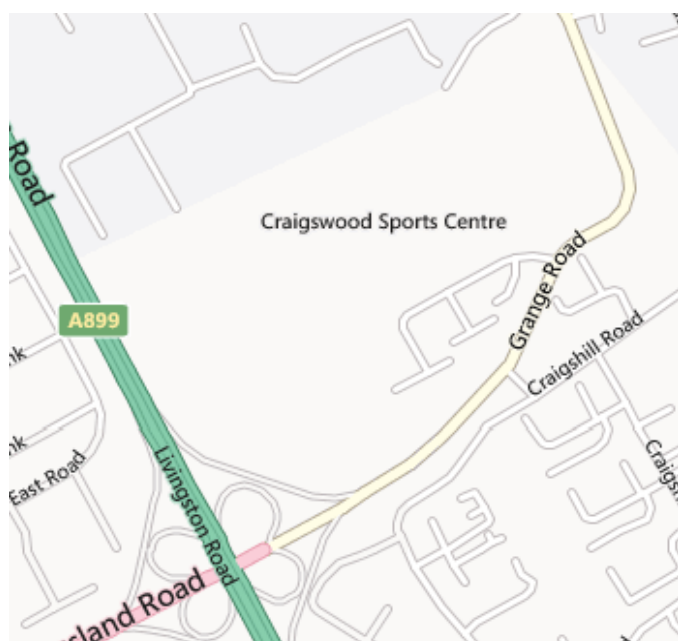
LOCATION

Xcite Craigswood Sports Centre, Livingston, EH54 5ER

From Edinburgh or Glasgow:

- Exit the **M8 at Junction 3** and head south on the **A899** towards Livingston.
- Take the **2nd exit**, signposted **Craigshill North**, then the **first exit at the mini roundabout**.
- Take the **first left** — the sports centre entrance is 100m on the right.

For satnav or online maps, use the postcode **EH54 5ER**.



EVENTS / TIMETABLE

23 May | 1 August

TIME	U11	U13	U15	U17	U20 / SEN
6.30	150m			Javelin	Javelin
6.50		200m	200m	200m	200m
6.55		Javelin	Javelin		
7.30			Long Jump	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	Shot Put
6.45		100m	100m	100m	100m
6.55	Shot Put	Shot Put			
7.30				400m (M)	400m
			Long Jump	Long Jump	Long Jump
7.45			300m	300m (W)	
8.00	600m				
8.05	Long Jump	Long Jump			
8.10		1500m	1500m	1500m	1500m

Timetables are provisional – both the events offered and their timings may change.

Entry lists and an updated timetable will be published after entries close for each meeting.

1. Entries

- All entries must be made in advance via OpenTrack.
- Entry fees: £8.00 for the first event, £7.00 for a second event.
- Entries are first come, first served and will close when events are full — no entries on the day.
- Entry fees are non-refundable if cancellation is due to factors outside the club's control (e.g. weather).
- Each athlete may enter a maximum of 2 individual events.

2. Age Groups

- Open to male and female athletes from Under 11 to Senior. Athletes must be at least 9 years old on the competition day.
- Age group cut-offs:
 - U11: Born after 31/08/2014, aged 9+
 - U13: 01/09/2012 – 31/08/2014
 - U15: 01/09/2010 – 31/08/2012
 - U17: 01/09/2008 – 31/08/2010
 - U20: 01/01/2006 – 31/08/2008
 - SEN: Born on or before 31/12/2005

3. Track Events

- Events will be seeded on the night, after declarations close, based on recent performance.
- Sprint races will be run fastest to slowest.
- Endurance events will be run slowest to fastest.

4. Field Events

- All athletes receive **3 trials**.

5. Declarations

- Open at **6:00 pm** in the athletics pavilion.
- Close **30 minutes before** the published start time of each event.

6. Timetable

- Timetables are provisional – both the events offered and their timings may change.
- Entry lists and an updated timetable will be published after entries close for each meeting.

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

For queries, email events@livingstonac.com