



**LIVINGSTON
ATHLETIC CLUB**

LIVINGSTON OPEN MEETING

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N**

Fri 29 May

Fri 19 June

Fri 14 Aug

Fri 11 Sept

6.30 pm – 9.00 pm

Xcite Craigswood, Livingston

£8.50 per event

Enter at:

www.livingstonac.com/open

scottishathletics licensed 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?

£8.50 per event. Athletes can enter a maximum of 2 events per open meeting. There is no charge for spectators.

When do entries open?

| OPEN MEETING | ENTRIES OPEN |
|-----------------------|--------------------------------|
| Fri 29 May 2026 | Fri 8 May 2026 at 10.00 pm |
| Fri 19 June 2026 | Sun 31 May 2026 at 10.00 pm |
| Fri 14 August 2026 | Sun 19 July 2026 at 10.00 pm |
| Fri 11 September 2026 | Sun 16 August 2026 at 10.00 pm |

When do entries close?

Entries are first come, first served, and will close once full - we don't operate a waiting list, so don't wait to secure your place!

LOCATION

Xcite Craigswood Sports Centre

Craigswood, Livingston, EH54 5ER



EVENTS / TIMETABLE

29 May | 14 August

| TIME | U12 | U14 | U16 | U18 | U20 / SEN |
|------|-----------|-----------|-----------|-----------|-----------|
| 6.30 | 80m | | | | |
| | Javelin | Javelin | Javelin | Javelin | Javelin |
| 6.40 | | 100m | 100m | 100m | 100m |
| 7.15 | 800m | | | | |
| 7.20 | | | Long Jump | Long Jump | Long Jump |
| 7.25 | | | | 400m | 400m |
| 7.50 | | | 300m | | |
| 7.55 | Long Jump | Long Jump | | | |
| 8.05 | | 1500m | 1500m | 1500m | 1500m |

19 June | 11 September

| TIME | U12 | U14 | U16 | U18 | U20 / SEN |
|------|-----------|-----------|-----------|-----------|-----------|
| 6.30 | 150m | | Long Jump | Long Jump | Long Jump |
| 6.45 | | 200m | 200m | 200m | 200m |
| 7.10 | Long Jump | Long Jump | | | |
| 7.40 | 600m | | | | |
| 7.50 | | 800m | 800m | 800m | 800m |
| 8.00 | Shot Put | Shot Put | | | |
| 8.20 | | | Shot Put | Shot Put | Shot Put |

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: £8.50 per 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 12 to Senior. Athletes must be at least 9 years old on the competition day.
- Age group cut-offs:
 - U12: Born 2015 or 2016
 - U14: Born 2013 - 2014
 - U16: Born 2011 - 2012
 - U18: Born 2009 - 2010
 - U20: Born 2007 - 2008
 - SEN: Born 2006 or earlier

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