



**LIVINGSTON
ATHLETIC CLUB**

LIVINGSTON OPEN MEETING

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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	Mon 1 June 2026 at 10.00 pm
Fri 14 August 2026	Mon 20 July 2026 at 10.00 pm
Fri 11 September 2026	Mon 17 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