

# ***LIVINGSTON OPEN MEETINGS***

**Summer 2014**

**Wednesday 2<sup>nd</sup> April**

**Wednesday 28<sup>th</sup> May**

**Wednesday 16<sup>th</sup> July**

**Wednesday 20<sup>th</sup> August**

**7.00 PM – 9.00 PM**

**Craigswood Sports Centre, Livingston**

**£3 per event**

**Advance entry only at [www.livingstonac.com/open](http://www.livingstonac.com/open)**

**scottishathletics** permit events run under UK Athletics rules

**[www.livingstonac.com/open](http://www.livingstonac.com/open)**

# ENTRIES

## How do I enter?

Athletes should enter in **advance** using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open). There are NO paper entry forms and there's no entry on the night.

## What does it cost?

£3 per event and 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 via PayPal.

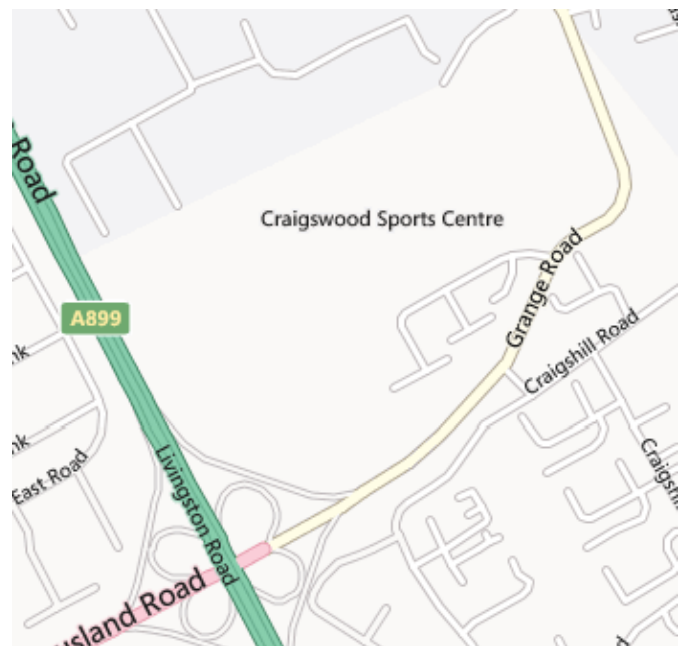
## When do entries close?

Entries open 4 weeks before each open meeting and close on the Sunday before the competition at midnight. Late entries are not accepted and there's no entry on the night.

OPEN MEETING	CLOSING DATE
Wednesday 2 <sup>nd</sup> April	Sunday 30 <sup>th</sup> March at midnight
Wednesday 28 <sup>th</sup> May	Sunday 25 <sup>th</sup> May at midnight
Wednesday 16 <sup>th</sup> July	Sunday 13 <sup>th</sup> July at midnight
Wednesday 20 <sup>th</sup> August	Sunday 17 <sup>th</sup> August at midnight

# 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 2<sup>nd</sup> exit off the A899, signposted "Craigshill North". Take the 1<sup>st</sup> 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 / PROVISIONAL TIMETABLE

**Wed 2<sup>nd</sup> April**

TIME	U11	U13	U15	U17	SEN
7.00	Long Jump	Long Jump	High Jump	High Jump	High Jump
		Javelin	Javelin	Javelin	Javelin
7.15			400m (M)	400m (M)	400m
7.30	Shot Putt	Shot Putt	300m (W)	300m (W)	
7.45	100m	100m	100m	100m	100m
8.00	High Jump	High Jump			
8.15			Shot Putt	Shot Putt	Shot Putt
			Triple Jump (M)	Triple Jump	Triple Jump
8.30	800m	800m	800m	800m	800m

**Wed 28<sup>th</sup> May**

TIME	U11	U13	U15	U17	SEN
7.00	High Jump	High Jump	Long Jump	Long Jump	Long Jump
	Shot Putt	Shot Putt			
		Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
7.30	800m	800m	800m	800m	800m
7.45	Long Jump	Long Jump			
8.00	200m	200m	200m	200m	200m
			High Jump	High Jump	High Jump
8.15			Shot Putt	Shot Putt	Shot Putt

**Wed 16<sup>th</sup> July**

TIME	U11	U13	U15	U17	SEN
7.00	800m		Shot Putt	Shot Putt	Shot Putt
	Long Jump	Long Jump	High Jump	High Jump	High Jump
7.15	100m	100m	100m	100m	100m
7.45	Shot Putt	Shot Putt			
8.00	High Jump	High Jump	Long Jump	Long Jump	Long Jump
8.15		Javelin	Javelin	Javelin	Javelin
			400m (M)	400m (M)	400m
8.30			300m (W)	300m (W)	
8.45		1500m	1500m	1500m	1500m

**Wed 20<sup>th</sup> Aug**

TIME	U11	U13	U15	U17	SEN
7.00	High Jump	High Jump	Long Jump	Long Jump	Long Jump
	Shot Putt	Shot Putt			
7.15	200m	200m	200m	200m	200m
8.00	Long Jump	Long Jump	High Jump	High Jump	High Jump
			Shot Putt	Shot Putt	Shot Putt
8.30	800m	800m	800m	800m	800m

# RULES

1. Entries must be made in advance using the online entry form at [www.livingstonac.com/open](http://www.livingstonac.com/open) with payment by credit/debit card via PayPal.
2. Entry fee is £3 per event payable in advance.
3. Late entries are not accepted and there is no entry on the day.
4. The meeting is open to male and female athletes in age groups under 11 to masters. Athletes must be at least 9 years of age on the day of competition.
5. Age group cut offs are; **U11** – born after 31/08/03 and aged 9+; **U13** – 01/09/01 to 31/08/03; **U15** - 01/09/99 to 31/08/01; **U17** - 01/09/97 to 31/08/99; **SEN** – born before 01/09/97.
6. Track events will be seeded based on performance, with the heats ordered fastest to slowest.
7. In field events, excluding high jump, all athletes will get 3 trials.
8. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
9. Declarations will open at 6.00 PM in the athletics pavilion and will close 30 minutes before the published start time of each event.
10. Event times are approximate and subject to change on the day.
11. Athletes can enter a maximum of 2 individual events.
12. These are **scottish**athletics permit events run under UK Athletics rules.

For further information email: [secretary@livingstonac.com](mailto:secretary@livingstonac.com).