



Registered Charity in Scotland SC045501

## TEL Open Graded Series

Friday 18 July 2025

East Lothian Athletics Arena, Meadowmill



### Thanks for entering the Team East Lothian Open Meeting!

We look forward to seeing you at East Lothian Athletics Arena and wish you an enjoyable competition! A huge thanks in advance to all our technical officials and volunteers for supporting our event.

Our event is **scottishathletics** Level 1 licenced event and will be held under UK Athletics rules.

### Arrival & Declarations

- Declarations will open from 4.30pm down at the athletics track where you will check-in and collect your athlete BIB (numbers) to wear on your vest.
- **All athletes must declare at least 30mins before their first event**
- If you are competing in multiple events, please check in for all your events at once. If you later decide to withdraw from an event, please inform the declarations team so you are not seeded into a race.
- Please wear your BIB on the front of your vest for track & field events. Frame Runners and Wheelchair athletes you should wear your BIB on the back.

### Assembly Time

- There is no call room at this event.
- **Track events:** athletes should assemble at the start area at least **10mins** before their event time
- **Field events:** athletes should assemble **20mins** before their event time

### Seeding, Start Lists & Results

- For track events we will publish start lists on OpenTrack at least 15mins before the event time. We will also post these near the declarations area.
- Track events will be seeded based on Season's Best (SB) performances, if there's no SB we will use Personal Best (PB) using information from OpenTrack and Po10:
- Sprints events (100m – 400m) will be run **fastest to slowest**
- Endurance events (600m, 800m, 1500m) will run **slowest to fastest**
- Live results will be available on OpenTrack website via QR code



### Warming Up

- As there is a full programme of track events, warm up should be on the grass playing fields outside of the athletics arena.

### Refreshments

- We will be running a tuck shop as a club fundraiser, serving tea, coffee and home baking for a small donation. Please use cash where possible

## Toilets & Changing Rooms

- Toilets and changing facilities are available in the main sports centre building.
- The closest available toilets and changing facilities are located in the **Outdoor Changing Area**, which can be accessed to the rear of the sports centre from the athletics track.
- There are additional toilet and changing room facilities in the main sports centre building.

## Spectators

- There is no charge for spectators
- Spectators should remain outside of the track and field competition area at all times, behind the white barriers or in the stand.
- Athletes should avoid crossing the finish line when they're not competing and another race is in progress, as this will interfere with the photofinish.
- The infield is restricted to technical officials only, please walk around the outside of the track when moving around the arena

## Venue Information

- The event will take place at Meadowmill Sports Centre, the home of Team East Lothian!
- Meadowmill Sports Centre, Willie Wood Way, Tranent, EH33 1LY (*some Sat Navs may still use the old postcode EH33 1LZ*)
- There is ample car parking with disabled bays parking.
- Frame Runners will be able to access track side for drop off of athletes and equipment if required.
- The athletics track is located to the back of the sports centre, you can access the athletics track via main reception, or by walking round either side of the building
- <https://enjoyleisure.com/venues-and-facilities/athletics-arena-east-lothian/>
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## FINAL TIMETABLE

Time	Track Event	# Heats
18:00	400m Hurdles (U17 & above)	1 heat
18:10	Open 100m (U13 & above)	up to 6 heats
18:30	100m (Frame Running)	up to 2 heats
18:40	75m (U11B & U11G)	up to 4 heats
18:50	400m (U17 & above)	up to 5 heats
19:10	Open 800m (U13 & above)	up to 8 heats
19:45	800m (Frame Running)	up to 2 heats
20:00	Sprint Hurdles (U17 & above)	up to 2 heats
20:15	Invitational 200m	1 heat
20:20	600m (U11 Boys & U11 Girls)	up to 2 heats
20:30	300m (U15 & above)	up to 5 heats
20:40	Open 1500m (U15 & above)	up to 3 heats
Time	Track Event	(# attempts)
18.00	Long Jump (U11G & U11B)	3 jumps
18.30	Open Discus	at least 4 throws
18.50	Long Jump (min. 4 jumps - U15+)	at least 4 jumps
19.30	Open Javelin	at least 4 throws
19.50	Long Jump (U13G & U13B)	at least 3 jumps

held under UK Athletics Rules, scottishathletics licensed event

[enter online via](#)



entries close at Fri 18 4pm

or when events sell out

**Declarations** will open from 4.30pm and athletes must declare at least 30mins before first event

Track events will be seeded based on times:  
**sprints** events will run **fastest to slowest**  
**endurance** events will run **slowest to fastest**