



DEVELOPMENT SQUADS

TRAINING SESSIONS

	THROWS	JUMPS
DAY	Monday	Wednesday
TIME	7.00 PM – 9.00 PM	7.00 PM – 9.00 PM
LOCATION	Craigswood Sports Centre	Craigswood Sports Centre
COACH	Alison Grey	Brian Burgess
COST	£18 per month	£18 per month

JOINING CRITERIA

There will be capacity in each squad for a maximum of 8 athletes, with joining criteria including:

1. Commit to training regularly with attendance at all squad sessions within reason. Athletes should already have a similar training attendance record before joining the squad.
2. Represent the club regularly in both team competitions and individual competitions as agreed with your coach.
3. Give 100% effort at all times, and co-operate fully, respecting all requests and decisions made by the coaches and officials.

ENTRY STANDARDS

		LJ		HJ		SP		DT		JT	
		W	M	W	M	W	M	W	M	W	M
U15	1 st Yr	3.90	4.24	1.23	1.32	6.54	7.81	15.13	18.07	16.11	23.44
	2 nd Yr	4.15	4.63	1.31	1.45	7.25	9.31	17.65	22.55	19.61	29.41
U17	1 st Yr	4.32	4.95	1.36	1.53	7.84	9.61	19.22	23.65	22.18	32.03
	2 nd Yr	4.49	5.27	1.41	1.61	8.42	9.90	20.79	24.75	24.75	34.65
U20	1 st Yr	4.54	5.41	1.43	1.64	7.38	9.93	21.53	24.83	24.83	34.77
	2 nd Yr	4.60	5.56	1.44	1.67	7.49	9.97	22.26	24.92	24.92	34.88
	3 rd Yr	4.65	5.70	1.45	1.70	7.60	10.00	23.00	25.00	25.00	35.00
SEN		4.75	5.80	1.50	1.73	8.30	10.00	25.00	28.00	25.00	37.00

Athletes should have attained an entry standard at least once in the previous 12 months.

www.livingstonac.com