

## 2009 CLUB CHAMPIONSHIPS

Saturday, 22<sup>nd</sup> August 2009, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

### DETAILS

**Entry Fee** £6 per athlete

Please return completed entry forms, along with full payment, to the club desk on Wednesday nights or, to Alistair Dalglish c/o Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER. Cheques should be made payable to "Livingston & District AAC".

Contact Alistair Dalglish (alistair@livingstonaac.com / 01506 862 147) with any queries.

- Closing Date**
- Wed 19<sup>th</sup> Aug @ 7.00pm for Livingston AAC athletes wanting to compete in the medley relay.
  - Thurs 20<sup>th</sup> Aug @ 9.00pm for everyone else.
  - No late entries or entries on the day.

### EVENTS

Track		Field	
100m	12.00	Long Jump (U15/U17/Seniors)	11.30
400m (U15B/U17M/Seniors)	13.00	Long Jump (U11/U13)	12.30
300m (U15G/U17W)	13.10	Javelin	13.45
200m	14.10	Shot Putt	14.45
800m	15.00		
<b>Medley Relay</b>	15.45		

### MEDLEY RELAY

The medley relay will consist of mixed age/gender teams of 4 athletes running a 400m, 300m, 200m and 100m, with a prize for the winning team.

Livingston AAC relay teams will be picked at random on Wednesday, 19<sup>th</sup> August 2009, at the end of the training session.

### RULES

1. This is an open event; athletes from any athletics club can enter.
2. Age groups are Under 11 Boys, Under 11 Girls, Under 13 Boys, Under 13 Girls, Under 15 Boys, Under 15 Girls, Under 17 Men, Under 17 Women, Senior Men and Senior Women.
3. Age group cut offs are; U11 – born after 31/08/1998 & 9+; U13 – 01/09/1996 to 31/08/1998; U15 - 01/09/1994 to 31/08/1996; U17 - 01/09/1992 to 31/08/1994.
4. U11, U13 and U15 athletes can enter a maximum of 3 individual events on the day.
5. U17 and Senior athletes can enter a maximum of 4 individual events on the day.

enter online @ [www.livingstonaac.com/champs](http://www.livingstonaac.com/champs)

6. Medals will be presented for 1st/2nd/3<sup>rd</sup> place in each event for each age group, which athletes from all West Lothian athletic clubs are eligible to win.
7. Where appropriate, age groups may be consolidated for given events, but will be scored separately.
8. Athletes will be given 3 trials in all field events.
9. Times quoted opposite are provisional. The final timetable will be posted on the club website one week before the event.
10. Overall club championship trophies for Livingston & District AAC athletes will be presented at a later date to the overall 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> placed athletes in each age group, for which eligibility is:
  - a. You must be a member of Livingston & District AAC, and have competed for the club at least once this season.
  - b. U11, U13 and U15 athletes must compete in 3 individual events, including at least 1 track event and 1 field event.
  - c. U17 and Senior athletes must compete in 4 individual events, including at least 1 track event and 1 field event.
  - d. Senior athletes can choose to nominate one event at the August or September Grangemouth Open Graded Meetings as one of their four Championship events, for events that are not offered on the Club Championships day.
  - e. The trophy winners will be decided using combined events scoring, with the winners in each age group having the highest points total.



### ENTRY FORM

<b>ATHLETE NAME</b>	<input type="text"/>	
<b>DATE OF BIRTH</b>	<input type="text" value="DD/MM/YY"/>	<b>AGE GROUP</b> <input type="text"/>
<b>CONTACT EMAIL</b>	<input type="text"/>	
	<b>EVENTS</b>	<b>PERSONAL BEST</b>
1	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>
4	U17 / SENIORS ONLY	U17 / SENIORS ONLY
<b>MEDLEY RELAY</b>	<input type="text" value="YES / NO"/>	
<b>HELPER NAME</b>	<input type="text"/>	

Parents are required to help officiate the field events (no experience necessary), please write your name below if you can assist:

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