

CLUB CHAMPIONSHIPS

Sunday 18th September 2011, 11.30AM – 4.00PM

Craigswood Sports Centre, Livingston

ENTRIES

Enter online @ www.livingstonac.com/champs

£5 per athlete

Entries close at 7PM on Wednesday 14th September 2011

TIMETABLE/EVENTS

	U9	U11	U13	U15	U17	SEN
11.30				Long Jump	Long Jump	Long Jump
12.00	Shot Putt	100m	100m	100m	100m	100m
12.30		Long Jump	Long Jump			
12.45	60m					
13.00				400m (B)	400m (M)	400m
			Javelin	Javelin	Javelin	Javelin
13.10				300m (G)	300m (W)	
14.00	Standing Long Jump	200m	200m	200m Shot Jump	200m Shot Putt	200m Shot Putt
14.15		High Jump	High Jump	High Jump	High Jump	High Jump
15.00		800m Shot Putt	800m Shot Putt	800m	800m	800m

NOTES

- Entries must be made in advance using the online entry form. No entries on the day. Entries are not accepted until payment has been received. Pay online or by cash/cheque – details at web address above.
- Declarations open at 11.00AM in the athletics pavilion and close 60 minutes before the start time of each event.
- Medals will be presented for 1st/2nd/3rd place in each event for each age group (U11+), which athletes from any West Lothian athletic club are eligible to win. All U9 athletes receive a medal for taking part.
- In some events different age groups will compete together, but will still be scored separately.
- In field events, excluding high jump, athletes will get 3 trials.
- Minimum high jump starting heights are: U11 – 0.90m; U13 – 1.00m; U15G – 1.10m; U15B/U17W/SW – 1.20m; U17M/SM – 1.35m. Heights will increase in 5cm increments.
- U9-U15 athletes can enter up to 3 individual events, which should be a mix of track & field events. U17-SEN athletes can enter up to 4 individual events, which also should be a mix of track & field events.
- Event times are approximate and subject to change on the day. An updated timetable will be available after entries close.
- The meeting is open to male and female athletes in age groups under 9 upwards. Athletes must be at least 6 years of age on the day of competition.
- Age group cut offs are; U9 – born after 31/08/02 and 6+; U11 – 01/09/00 – 31/08/02; U13 – 01/09/98 to 31/08/00; U15 – 01/09/96 to 31/08/98; U17 – 01/09/94 to 31/08/96; SEN – born before 01/09/94.

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