

**LIVINGSTON  
ATHLETIC CLUB**

# ***CLUB CHAMPIONSHIPS***

**Saturday 16 September 2017**

**Craigswood Sports Centre, Livingston**

**11.00 am – 4.00 pm**



Pre-entry online only at

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

Club/RJT Members - £8 per athlete

Guests - £5 per event

U9 Quadrathlon - £8 per athlete

Closing date Sunday 10 September at midnight

scottishathletics permit event run under UK Athletics rules

# EVENTS / TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00		High Jump	High Jump	High Jump	400m Hurdles (M) Long Jump Hammer	400m Hurdles Long Jump Hammer
11.10					300m Hurdles (W)	
11.20			1500m	1500m	1500m	1500m
11.30			Javelin	Javelin		
11.40			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
12.00	Long Jump	Long Jump	100m	100m	100m	100m
12.30		80m	Discus	Discus Long Jump	Discus	Discus
12.45	60m					
13.00				300m	300m (W)	
13.15					400m (M)	400m
14.00	Shot Putt	Shot Putt 150m	Shot Putt Long Jump	High Jump	High Jump Javelin	High Jump Javelin
14.15			200m	200m	200m	200m
15.00	600m	600m		Triple Jump Shot Putt	Triple Jump Shot Putt	Triple Jump Shot Putt
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements throughout the day. An updated timetable will be released after entries close.

## 1. Entries

- a. Entries must be made in advance using the online entry form at [www.livingstonac.com/champs](http://www.livingstonac.com/champs) with payment by credit/debit card via PayPal. There is no entry on the day.
- b. There are a limited number of guest places available for athletes from other clubs – guest entries will close once the limit is reached.
- c. Entry fees are non-refundable if the competition or individual events are cancelled due to reasons outwith the club's control (e.g. weather).
- d. Athletes should be a member of **scottishathletics** or will be required to pay a £2 insurance levy to **scottishathletics**

## 2. Age Groups

- a. The meeting is open to male and female athletes in age groups from under 9 to seniors. Athletes must be at least 7 years of age on the day of competition.
- b. Age group cut offs are; **U9** – aged 7/8; **U11** – born after 31/08/2006 and aged 9+; **U13** – 01/09/2004 to 31/08/2006; **U15** - 01/09/2002 to 31/08/2004; **U17** - 01/09/2000 to 31/08/2002; **U20** - 01/01/1998 to 31/08/2000; **SEN** – born before 01/01/1998.
- c. U11-U15 athletes can enter a maximum of 3 individual events, which should be a mixture of track and field events. U17-SEN athletes can enter a maximum of 4 individual events, which also should be a mixture of track and field events.
- d. U9 athletes compete in a 4 event quadrathlon.

## 3. Track Events

- a. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
- b. The Medley Relay is open to Livingston AC club members only. Further details are on the club website.

## 4. Field Events

- a. In field events, excluding high jump, all athletes will get 3 trials.
- b. The minimum take off board for triple jump is 7.00m.

## 5. Scoring / Presentations

- a. For Livingston club members and RJT athletes, medals will be presented on the day for 1st/2nd/3rd place in each event for each age group (U11/U13/U15/U17/SEN). U20s and Seniors will be combined for medal purposes. Guest athletes are **NOT** eligible for medals. All U9 athletes will receive a medal after the last event.
- b. Overall Club Championship trophies will be presented at a later date to the overall 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> placed athlete in each age group (U11/U13/U15/U17/SEN). Please see the club website for further details on eligibility and scoring for the overall trophies.
- c. In some events different age groups will compete together, but will still be scored separately.

## 6. Declarations

Declarations will open at 10.00 am in the athletics pavilion and will close 30 minutes before the published start time of each event.

## 7. Timetable

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## 8. This is a **scottishathletics** permit events run under UK Athletics rules.

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