

LIVINGSTON  
ATHLETIC CLUB

# COMBINED EVENTS SUMMER CAMP



DATE	TIME	LOCATION	AGES	COST
Mon 23 July – Tue 24 July 2018	10.00 am – 1.00 pm	Craigswood Sports Centre	13-17	£28 for Livingston members £32 for non-members

## Do you want to develop your athletic skills or try a new event?

New for 2018, Livingston AC are launching a **Combined Events Summer Camp**, led by a former GB international combined events athlete.

The camp is designed to develop children's track & field event skills, where the emphasis is always on fun, enjoyment and skills. Over the 2 days, athletes can expect event specific coaching over the full range of pentathlon and heptathlon events.

**Where is it?** All sessions take place at the outdoor athletics track at Craigswood Sports Centre, Livingston.

**How do I register?** Visit [www.livingstonac.com/camp](http://www.livingstonac.com/camp) where you can register and pay the session fee online:

### DAY 1

Hurdles

High Jump

Shot Putt

### DAY 2

Long Jump

Javelin

Endurance

[www.livingstonac.com/camp](http://www.livingstonac.com/camp)