

**LIVINGSTON
ATHLETIC CLUB**

COMBINED EVENTS SUMMER CAMP



DATE	TIME	LOCATION	AGES	COST
Thursday 18 July – Friday 19 July 2019	10.00 am – 1.00 pm	Craigswood Sports Centre	12-17	£20 for Livingston members £24 for non-members

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

*Livingston AC are hosting 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/camps 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/camps