

# 2008 CLUB CHAMPIONSHIPS

Saturday, 16<sup>th</sup> August 2008, 11.30 AM – 4.00 PM

Craigswood Sports Centre, Livingston

## DETAILS

**Entry Fee** £5 per athlete

Please return completed entry forms, along with appropriate payment, to the club desk on Wednesday nights or, for non Livingston & District athletes, to your club secretary.

Payment by cash or cheque. No payment on the day. Cheques should be made payable to "Livingston & District AAC".

All athletes, officials and helpers will get a free lunch voucher which entitles you to a roll, crisps, cake and either a hot or cold drink. Refreshments will also be available for purchase.

Entries close on Wednesday, 6<sup>th</sup> August 2008.

## EVENTS

### Track

100m  
200m  
300m (U15G/U17W)  
400m (U15B/U17M/Seniors)  
800m

### Field

Long Jump  
Shot Putt  
Javelin

### Medley Relay

## MEDLEY RELAY

The medley relay will be held after the individual events. It will consist of teams of 4 athletes running a 400m, 300m, 200m and 100m, with a prize for the winning team.

Teams will include an athlete from each age group and will be picked at random on Wednesday, 13<sup>th</sup> August 2008, before the start of the training session.

## CONTACT

Contact Alistair Dalgleish with any queries. Email: ali@dalgleish.org.uk.

## RULES

1. Entries close on Wednesday, 6<sup>th</sup> August 2008.
2. Prizes will be awarded 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 (U11/U13/U15/U17/Senior), for which eligibility is as follows:
  - 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, which should include at least 1 track event and 1 field event.
  - c. U17 and Senior athletes must compete in 4 individual events, which should include at least 1 track event and 1 field event.
3. If there is a points tie for any of the overall age group prizes, the final placings will be decided by the club committee based on the athletes performances throughout the season.
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.
6. The individual events are also open to non Livingston & District AAC athletes who can compete as guests
7. The medley relay is open to Livingston & District AAC athletes only.



## ENTRY FORM

NAME	<input type="text"/>	AGE GROUP	<input type="text"/>
------	----------------------	-----------	----------------------

	EVENTS	PERSONAL BEST
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

MEDLEY RELAY	<input type="text" value="YES / NO"/>
--------------	---------------------------------------