

CLUB CHAMPIONSHIPS

Sunday 15th September 2013, 11.30AM – 4.00PM
Craigswood Sports Centre, Livingston

ENTRIES

Online entry at www.livingstonac.com/champs

ENTRY FEE

Livingston Members: £6 per athlete

Guests: £3 per event

CLOSING DATE

Sunday 8th September at midnight

TIMETABLE/EVENTS

	U9	U11	U13	U15	U17	SEN
11.30			Sprint Hurdles	Sprint Hurdles Long Jump	Sprint Hurdles Long Jump	Sprint Hurdles Long Jump
12.00		100m	100m	100m	100m	100m
12.30		Long Jump	Long Jump			
12.45	60m					
13.00			Javelin	400m (B) Javelin	400m (M) Javelin	400m Javelin
13.10				300m (G)	300m (W)	
14.00	Standing Long Jump	200m	200m	200m Shot Putt	200m Shot Putt	200m Shot Putt
14.15		High Jump	High Jump			
14.45	600m			High Jump	High Jump	High Jump
15.00		800m	800m	800m	800m	800m
	Shot Putt	Shot Putt	Shot Putt			
15.45		Relay	Relay	Relay	Relay	Relay

NOTES

1. Entries must be made in advance using the online entry form at www.livingstonac.com/champs with payment in advance by credit/debit card via PayPal.
2. Entry fee is £6 per athlete for Livingston members and £3 per event for guests, payable in advance.
3. Late entries are not accepted and there is NO entry on the day or event changes on the day.
4. The meeting is open to male and female athletes in age groups under 9 to masters. Athletes must be at least 7 years of age on the day of competition.
5. Age group cut offs are; **U9** – aged 7/8; **U11** – born after 31/08/02 and aged 9+; **U13** – 01/09/00 to 31/08/02; **U15** - 01/09/98 to 31/08/00; **U17** - 01/09/96 to 31/08/98; **SEN** – born before 01/09/96.
6. Declarations will open at 11.00AM in the athletics pavilion and will close 30 minutes before the published start time of each event.
7. In field events, excluding high jump, all athletes will get 3 trials.
8. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
9. Event times are approximate and subject to change on the day. An updated timetable will be posted on the club website after entries close.
10. U9-U15 athletes can enter a maximum of 3 individual events, which should be a mix of track & field events. U17-SEN athletes can enter a maximum of 4 individual events, which also should be a mix of track & field events.
11. In some events different age groups will compete together, but will still be scored separately.
12. Livingston Championship medals will be presented on the day for 1st/2nd/3rd place in each event for each age group (U11+). All U9 athletes receive a medal.
13. Livingston Championship trophies will be presented at a later date to the overall 1st/2nd/3rd placed athlete in each age group for which eligibility is:
 - a. U11, U13 and U15 athletes must compete in 3 individual events, which should be a mixture of track & field events.
 - b. U17 and Senior athletes must compete in 4 individual events, which should be a mixture of track & field events.
 - c. The trophy winners will be decided using the UKA Award scoring tables (available on club website), with the winners in each age group having the highest points total.
 - d. You must be a fully paid up member of Livingston & District AAC and have represented the club at least twice this season.
14. The Medley Relay is open to Livingston members only. Further details are on the club website.
15. This is a **scottish**athletics permit event run under UK Athletics rules.

For further information email: secretary@livingstonac.com.