

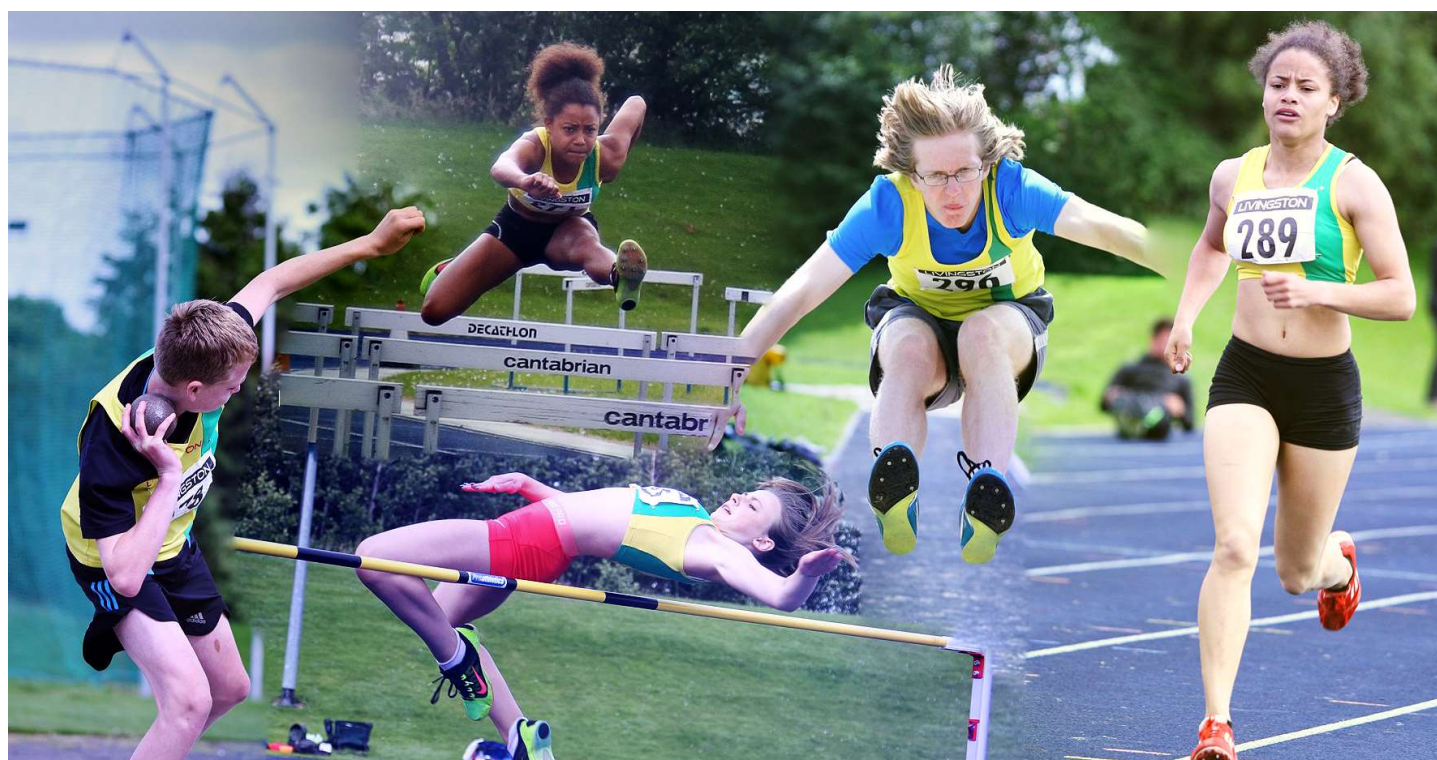
**LIVINGSTON
ATHLETIC CLUB**

CLU CHAMPIONSHIPS

Sunday 11th September 2016

Craigswood Sports Centre, Livingston

11.00 am – 4.00 pm



Club/RJT Members - £7 per athlete

Guests - £4 per event

Pre-entry online only at

www.livingstonac.com/champs

Closing date Sunday 4th September at midnight

scottishathletics permit event run under UK Athletics rules

EVENTS / TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00			1500m	1500m	1500m	1500m
11.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
			Discus	Discus	Discus	Discus
		High Jump	High Jump		Long Jump	Long Jump
12.00			100m	100m	100m	100m
12.30		80m	Javelin	Javelin	Javelin	Javelin
				Long Jump		
12.45	60m					
13.00				300m	300m (W)	
13.15					400m (M)	400m
13.30		Long Jump	Long Jump			
14.00	Shot Putt	Shot Putt	Shot Putt	High Jump	High Jump	High Jump
		150m				
14.15			200m	200m	200m	200m
14.30	Standing Long Jump					
15.00	600m	600m		Triple Jump	Triple Jump	Triple Jump
				Shot Putt	Shot Putt	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 with payment by credit/debit card via PayPal.
- b. Entry fees are £7 per athlete for Club or RJT members of Livingston AC and £4 per event for guests.
- c. There is no entry on the day.
- d. Entry fees are non-refundable if the competition or individual events are cancelled due to reasons outwith the club's control (e.g. weather).

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 31/08/2005 and aged 9+; **U13** – 01/09/2003 to 31/08/2005; **U15** - 01/09/2001 to 31/08/2003; **U17** - 01/09/1999 to 31/08/2001; **U20** - 01/01/1997 to 31/08/1999; **SEN** – born before 01/01/1997.
- c. U9-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.

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.

5. Scoring / Presentations

- a. 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.
- b. Overall Club Championship trophies will be presented at a later date to the overall 1st/2nd/3rd 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

- 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

8.

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For further information please email: secretary@livingstonac.com.