

**LIVINGSTON  
ATHLETIC CLUB**

# ***CLUB CHAMPIONSHIPS***

**Sunday 8 September 2019**

**Craigswood Sports Centre, Livingston**



Pre-entry online only at

**[www.livingstonac.com/champs](http://www.livingstonac.com/champs)**

**£8 per athlete**

Open to all Livingston club members and RJT athletes,  
and members of other West Lothian athletics clubs

**Closing date Sunday 1 September at midnight**

scottishathletics licensed event run under UK Athletics rules

# EVENTS / TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
10.00				300m Hurdles	300m/400m Hurdles	400m Hurdles
11.00		High Jump	High Jump	High Jump	Long Jump	Long Jump
			Hammer	Hammer	Hammer	Hammer
11.15			1500m	1500m	1500m	1500m
11.30			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
			Javelin	Javelin		
11.45	60m					
12.00		Long Jump	100m	100m	100m	100m
12.30	Standing Long Jump	80m	Discus	Discus	Discus	Discus
12.45						
13.00				Long Jump	400m (M)	400m
13.15				300m	300m (W)	
13.30		Shot Putt	Shot Putt			
14.00	Shot Putt	150m	Long Jump		High Jump	High Jump
					Javelin	Javelin
14.15			200m	200m	200m	200m
14.30				Shot Putt		
15.00	600m	600m		Triple Jump	Triple Jump	Triple Jump
					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](http://www.livingstonac.com/champs) with payment by credit/debit card via PayPal.
- b. Entries close on Sunday 1 September at midnight. There's no entry on the day.
- c. 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. Eligibility** – Open to Livingston club members and Livingston RJT athletes. Guest entries are accepted from members of other West Lothian athletics clubs.

## 3. Age Groups

- a. The meeting is open to male and female athletes in age groups from Under 9 to Masters. Athletes must be at least 7 years of age on the day of competition.
- b. Age group cut offs are; **U9** – 01/09/2010 to 31/08/2012; **U11** – 01/09/2008 to 31/08/2010; **U13** – 01/09/2006 to 31/08/2008; **U15** - 01/09/2004 to 31/08/2006; **U17** - 01/09/2002 to 31/08/2004; **U20** - 01/01/2000 to 31/08/2002; **SEN** – born before 01/01/2000.
- c. U11-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. U9 athletes compete in a 4 event quadrathlon.

## 4. 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 club members only. Further details are on the club website.

## 5. Field Events

- a. In field events, excluding high jump, all athletes will get 3 trials.
- b. **Triple Jump** - The minimum take off board for triple jump is 7.00m.
- c. **Throws** – Under 20s, Seniors and Masters will throw appropriate weights for their age category but will be scored together for medal purposes.

## 6. Scoring / Presentations

- a. For Livingston club members and RJT athletes, medals will be presented on the day for 1st/2nd/3rd place in each event for each age group (U11/U13/U15/U17/SEN). Under 20s, Seniors and Masters will be combined for medal purposes. Guest athletes are **NOT** eligible for medals. All U9 athletes will receive a medal after the last event.
- b. Overall Club Championship trophies will be presented at a later date to the overall 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> 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.

**7. 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.

**8. 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

**9.** This is a **scottishathletics** licensed event run under UK Athletics rules. Entry data and results will be shared with **scottishathletics**.

For further information please email: [events@livingstonac.com](mailto:events@livingstonac.com).

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