

WHAT

Our Sunday morning multi-events competition. Every athlete does a run (sprint), jump, throw and relay race.

WHO

For both Club and RJT athletes aged 7-14 from West Lothian athletics clubs. All athletes who take part will receive a medal.

WHEN

Sun 22 March	Sun 19 April
Sun 17 May	Sun 28 June
Sun 2 August	Sun 6 September

WHERE

9.30 am - 1.00 pm
Xcite Craigswood Sports Centre,
Livingston



22 MAR

	U9	U11	U13	U15
	60m	80m	100m	100m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Turbo Javelin		Turbo Javelin	Javelin	Javelin
4x100m Relay				

19 APR

	U9	U11	U13	U15
	120m	150m	200m	200m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Shot Put		Shot Put	Shot Put	Shot Put
4x100m Relay				

17 MAY

	U9	U11	U13	U15
	60m	80m	100m	100m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Turbo Javelin		Turbo Javelin	Javelin	Javelin
4x100m Relay				

28 JUN

	U9	U11	U13	U15
	120m	150m	200m	200m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Shot Put		Shot Put	Shot Put	Shot Put
4x100m Relay				

2 AUG

	U9	U11	U13	U15
	60m	80m	100m	100m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Turbo Javelin		Turbo Javelin	Javelin	Javelin
4x100m Relay				

6 SEP

	U9	U11	U13	U15
	120m	150m	200m	200m
Standing Long Jump		Long Jump	Long Jump	Long Jump
Shot Put		Shot Put	Shot Put	Shot Put
4x100m Relay				

AGE GROUPS
U9: 01/09/2011 and 7+

U11: 01/09/2009 - 31/08/2011

U13: 01/09/2007 - 31/08/2009

U15: 01/09/2005 - 31/08/2007

ONLINE ENTRY: livingstonac.com/gp