

CLUB CHAMPIONSHIPS

ATHLETE INFORMATION

Thank you for entering the Club Championships!

Car Parking

- Car parking is available in the **rear** car park at the sports centre.

Declarations

- Declarations will open at 10.30 am in the athletics pavilion (overlooking the finish line)
- Please declare 30 minutes before your first event
- Vest numbers should be worn front and back with each number secured by 4 safety pins, except high jump where only a front number is required.

Timetable

- The timetable for the event is available via the link below. The times are provisional, with the start times of events dependant on the finishing times of previous events
- After declaring and warming-up, please report to the start area for your event 5 minutes before the published start time.
- Track events will be seeded based on age group, with the heats ordered youngest to oldest.
- If you have track & field events at the same time, track events take priority, but please report to your field event first and return to your field event immediately after the track event has finished

[Timetable](#)

Chocolate & Bottle Tombola

- We're looking for donations of chocolate and bottles for a tombola. Donations can be handed in at declarations on the morning of the competition, or at training during the week.

Refreshments

- Tea, coffee, home baking and filled rolls will be available throughout the day from the club room, on the balcony overlooking the 100m start.
- We'd appreciate more donations of home baking and filled rolls please.

Toilets / Changing Rooms

- Toilets and changing facilities are available in the main sports centre building.
- There are two sets of toilets available:
 - Ground floor - accessible via the main sports centre entrance.
 - First floor - accessible via the balcony overlooking the 100m start.

Volunteers

- Thank you to the parents who have volunteered to help the team of Technical Officials - the rota will be emailed to you separately.

Spectators

- Spectators should remain outside of the track and field competition area at all times.
- Athletes should avoid crossing the finish line when they're not competing and another race is in progress, as this may interfere with the photofinish.
- The infield is restricted to technical officials only, please walk around the outside of the track when moving around the arena.
- Please don't bring dogs into the arena, the entire sports centre complex is a dog-free zone.

Entry Lists / Start Lists / Live Results

- Entry lists are available via the link below.
- Track start lists (heats) will be available via the link below on the day.
- Live results will also be available during the event via the link below.

[Entry Lists / Start Lists / Live Results](#)

Withdrawals

- Please let us know if you are no longer able to attend the event.

Club Kit

- New Livingston AC members don't need to wear a club vest - it's fine to compete in training clothing

- Club vests and crop tops will be available to purchase.
- Payment for all kit is collected via your membership direct debit (we don't accept cash or bank transfer).

Medley Relay

- Teams for the Medley Relay will be drawn randomly during the week at training and published on the club website.
- The relay consists of mixed age group teams of 5 athletes (aged 9+) running a 400m, 300m, 200m, 200m and 100m, with a gift voucher for the winning team.
- If you forgot to enter and would like to be added to the reserve list, please email or let the declarations team know on the day.
- If you decide on the day to withdraw from the relay, please also let the declarations team know.

[Medley Relay Teams](#)

Medal Presentations

- **U9** - All Under 9 athletes will receive a medal, and there will also be overall 1st/2nd/3rd medals.
- **U11 – SEN** - Livingston Club Championship medals will be presented 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.