

WHAT

Our weekend morning multi-events competition. Every athlete does a run, jump, throw and team relay race.

WHO

For all Club and RJT athletes, from Under 9 to Under 15. All athletes taking part will receive a medal.

WHEN

Sat 1 April 2023
Sun 4 June 2023
Sun 6 August 2023

WHERE

9.30 am - 1.00 pm
Xcite Craigswood Sports Centre,
Livingston

Pre-entry only at:

livingstonac.com/gp



7 APR

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Javelin	Javelin
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

4 JUN

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

6 AUG

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Javelin	Javelin
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

Events are provisional and subject to change.

AGE GROUPS
U9: 01/09/2014 - 31/08/2016

U11: 01/09/2012 - 31/08/2014

U13: 01/09/2010 - 31/08/2012

U15: 01/09/2008 - 31/08/2010