

**LIVINGSTON  
ATHLETIC CLUB**

# ***CLUB CHAMPIONSHIPS***

**Saturday 21 September 2024**

**Craigswood Sports Centre, Livingston**



**Enter online at:**

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

**Closing date Sunday 15 September at midnight**

**Open to all Livingston Club & RJT athletes**

**Entry Fee £10**

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

**scottishathletics**  
**licensed event**

# EVENTS / TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.15					Long Jump	Long Jump
11.30	Standing Long Jump		1500m	1500m	1500m	1500m
			Javelin	Javelin		
11.45			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
12.00	Shot Put	Long Jump	100m	100m	100m	100m
12.30		80m			Javelin	Javelin
13.00			High Jump	High Jump	400m (M)	400m
13.15		Shot Put		300m	300m (W)	
13.30				Long Jump		
13.45	60m		Shot Put			
14.00		150m			High Jump	High Jump
14.15			200m	200m	200m	200m
14.30			Long Jump	Shot Put		
14.45	600m	600m				
15.00			800m	800m	800m	800m
					Shot Put	Shot Put
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.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.

## 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.
- b. Entries close on Sunday 15 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** – This is a closed event for Livingston Club and RJT athletes only, and invited guests.

## 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 groups cut offs are: **U9** - 01/09/2015 to 31/08/2017; **U11** - 01/09/2013 to 31/08/2015; **U13** - 01/09/2011 to 31/08/2013; **U15** - 01/09/2009 to 31/08/2011; **U17** - 01/09/2007 to 31/08/2009; **U20** - 01/01/2005 to 31/08/2007; **SEN** - 31/12/2004 or before.
- 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 athletes only, from U11 upwards. Further details are on the club website.

## 5. Field Events

- a. In field events, excluding high jump, all athletes will get 3 trials.
- b. **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 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 Under 9 athletes will receive a medal, with also overall 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> medals.
- b. Livingston 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 10.30 am. Please declare at least 30 minutes before your first 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 **scottish**athletics licensed event run under UK Athletics rules. Entry data and results will be shared with **scottish**athletics.

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