



2010 CLUB CHAMPIONSHIPS

Sunday, 19th September 2010, 11.30 AM – 4.00 PM

Grangemouth Stadium, Grangemouth

DETAILS

Entry Fee ■ £5 per athlete

Closing Date ■ Wednesday 15th September 2010 @ 7.00pm.
■ No late entries or entries on the day.

Please return completed entry forms, along with full payment, to the club desk on Wednesday nights or, to Alistair Dalglish c/o Craigswood Sports Centre, Craigswood, Livingston, EH54 5ER. Cheques should be made payable to "Livingston & District AAC". Alternatively, enter online at the address below.

Contact Alistair Dalglish (secretary@livingstonaac.com / 01506 862 147) for further details.

EVENTS

Track		Field	
100m	12.00	Long Jump (U15/U17/Sen)	11.30
60m (U9)	12.30	Long Jump (U11/U13)	12.30
400m (U15B/U17M/Seniors)	13.00	Standing Long Jump (U9)	13.00
300m (U15G/U17W)	13.10	Shot Putt	13.45
200m	14.10	High Jump	14.30
800m	15.00	Javelin	14.40
Medley Relay	15.45		

Note: Under 9's can compete in the 60m, standing long jump and shot putt only.

MEDLEY RELAY



The "Run and Become" Medley Relay consists of mixed age/gender teams of 4 athletes running a 400m, 300m, 200m and 100m, with a prize for the winning team.

Livingston AAC relay teams will be picked at random on Wednesday, 15th September 2010, at the end of the training session.

enter online @ www.livingstonaac.com/champs

RULES

- This event is also open to non Livingston & District AAC members.
- Age groups are Under 9 Boys, Under 9 Girls, Under 11 Boys, Under 11 Girls, Under 13 Boys, Under 13 Girls, Under 15 Boys, Under 15 Girls, Under 17 Men, Under 17 Women, Senior Men and Senior Women.
- Age group cut offs are: U9 – under 9; U11 – born after 31/08/1999 & over 9; U13 – 01/09/1997 to 31/08/1999; U15 – 01/09/1995 to 31/08/1997; U17 – 01/09/1993 to 31/08/1995.
- U9, U11, U13 and U15 athletes can enter a maximum of 3 individual events on the day.
- U17 and Senior athletes can enter a maximum of 4 individual events on the day.
- Medals will be presented for 1st/2nd/3rd place in each event for each age group (U11+), which athletes from all West Lothian athletic clubs are eligible to win. All U9 athletes receive a medal for taking part.
- Where appropriate, age groups may be consolidated for given events, but will be scored separately.
- Athletes will be given 3 trials in all field events, excluding high jump.
- Times quoted opposite are provisional. The final timetable will be posted on the club website after entries close.
- Overall club championship trophies for Livingston & District AAC athletes will be presented at a later date to the overall 1st/2nd/3rd placed athletes in each age group, for which eligibility is:
 - U11, U13 and U15 athletes must compete in 3 individual events, including at least 1 track event and 1 field event.
 - U17 and Senior athletes must compete in 4 individual events, including at least 1 track event and 1 field event.
 - The trophy winners will be decided using UKA scoring tables, with the winners in each age group having the highest points total.
 - You must be a member of Livingston & District AAC, and have competed for the club at least twice this season.



ENTRY FORM

ATHLETE NAME	<input type="text"/>	
DATE OF BIRTH	<input type="text" value="DD/MM/YY"/>	AGE GROUP <input type="text"/>
CONTACT EMAIL	<input type="text"/>	
	EVENTS	PERSONAL BEST
1	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>
4	U17 / SENIORS ONLY	U17 / SENIORS ONLY
MEDLEY RELAY	<input type="text" value="YES / NO"/>	
HELPER NAME	<input type="text"/>	

Parents are required to help officiate the field events and relay changeovers (no experience necessary), please write your name below if you can assist:

enter online @ www.livingstonaac.com/champs