

LIVINGSTON TRIALS NIGHT

Wednesday 8th June 2011, 6.30PM – 9.00PM

Craigswood Sports Centre, Livingston

ENTRIES

Enter online @ www.livingstonaac.com/trials

FREE ENTRY

Entries close at midnight on Sunday 5th June 2011

TIMETABLE

	TRACK	FIELD	
7.15		Long Jump (U15+)	Shot Putt (U11/U13)
7.30	100m		
8.00	800m	Long Jump (U11/U13)	Shot Putt (U15+)
8.20	400m (U15B/U17M/SEN)		
8.30	300m (U17W)		
8.50	Relay		

NOTES

1. The meeting is open to male and female athletes in age groups under 11 upwards. Athletes must be at least 9 years of age on the day of competition.
2. Entries must be made in advance using the online entry form.
3. Registration will open at 6.30PM and close 30 minutes before the start time of each event.
4. Track events will be seeded based on performance, with the heats ordered slowest to fastest.
5. Athletes will get 3 trials in all field events.
6. Athletes can enter a maximum of 2 individual events, but not more than 1 field event.
7. All event times are approximate and subject to change on the night.
8. Entries for the relay only will be taken on the night.
9. Age group cut offs are; U11 – born on or after 01/09/00 & over 9; U13 – 01/09/98 to 31/08/00; U15 - 01/09/96 to 31/08/96; U17 - 01/09/94 to 31/08/96; SEN – born before 01/09/94.