

FALKIRK & LIVINGSTON CLUB CHAMPIONSHIPS

Saturday 12th September 2015, Grangemouth Stadium

ENTRIES

Online entry at www.livingstonac.com/champs

ENTRY FEE

Falkirk & Livingston Members: £6 per athlete

Guests: £4 for first event and £3 per event for additional events.

CLOSING DATE

Sunday 6th September at midnight

TIMETABLE/EVENTS

	U9	U11	U13	U15	U17	U20/SEN/MAS
11.15			1500m	1500m	1500m	1500m
11.30	Standing Long Jump	High Jump	High Jump Sprint Hurdles	Long Jump Sprint Hurdles Hammer	Long Jump Sprint Hurdles Hammer	Long Jump Sprint Hurdles Hammer
12.00		100m	100m Shot Putt	100m	100m	100m
12.30	60m	Long Jump	Javelin	Javelin	Javelin	Javelin
13.00					400m (M)	400m
13.15				300m	300m (W)	
14.00		200m	200m	200m	200m	200m
	Shot Putt	Shot Putt	Long Jump Discus	Triple Jump (B) Discus	Triple Jump Discus	Triple Jump Discus
14.30				High Jump	High Jump	High Jump
14.45	600m					
15.00		800m	800m	800m	800m	800m
				Shot Putt	Shot Putt	Shot Putt
15.45		Relay	Relay	Relay	Relay	Relay

NOTES

1. Entries must be made in advance using the online entry form at www.livingstonac.com/champs with payment in advance by credit/debit card via PayPal.
2. Entry fee is £6 per athlete for Livingston and Falkirk members and £4 for first event/£3 for additional events for guests, all fees payable in advance.
3. Late entries are not accepted and there is NO entry on the day or event changes on the day.
4. The meeting is open to male and female athletes in age groups under 9 to masters. Athletes must be at least 7 years of age on the day of competition.
5. Age group cut offs are; **U9** – aged 7/8; **U11** – born after 31/08/04 and aged 9+; **U13** – 01/09/02 to 31/08/04; **U15** - 01/09/00 to 31/08/02; **U17** - 01/09/98 to 31/08/00; **U20** – 01/01/96 to 31/08/98; **SEN** – born before 01/01/96.
6. Declarations will open at 10.00 AM in the cafe and will close 30 minutes before the published start time of each event.
7. In field events, excluding high jump, all athletes will get 3 trials.
8. Age groups may be combined for sprint hurdles but appropriate hurdle specification for each age group will be used.
9. Event times are approximate and subject to change on the day. An updated timetable will be posted on the club website after entries close.
10. U9-U15 athletes can enter a maximum of 3 individual events, which should be a mix of track & field events. U17-SEN athletes can enter a maximum of 4 individual events, which also should be a mix of track & field events.
11. U13 and U15 athletes cannot compete in an 800m and 1500m on the same day. Falkirk athletes see arrangements on club website or details that have been emailed.
12. In some events different age groups will compete together, but will still be scored separately.
13. Club Championship medals will be presented on the day for 1st/2nd/3rd place in each event for each age group (U11/U13/U15/U17/SEN). U20s, Seniors and Masters will be combined for medal purposes. All U9 athletes receive a medal.
14. Overall Club Championship trophies will be presented at a later date to the overall 1st/2nd/3rd placed athlete in each age group for each club. Please see the respective club website for further details on eligibility and scoring for the overall trophies.
15. The Medley Relay is open to Livingston members only. Further details are on the Livingston club website.
16. This is a **scottishathletics** permit event run under UK Athletics rules.

For further information email: secretary@livingstonac.com or enquire@falkirkvics.com.