

WHAT

Our Sunday 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 (7+) to Under 17. All athletes taking part will receive a medal.

WHEN

Sun 22 May
Sun 26 June
Sun 31 July
Sun 4 September

WHERE

9.30 am - 1.00 pm
Xcite Craigswood Sports Centre,
Livingston

**RUN****JUMP****THROW****RELAYS**

Pre-entry only at:

livingstonac.com/gp

scottishathletics licensed events run under UK Athletics rules

22/05

U9	U11	U13	U15	U17
60m	80m	100m	100m	100m
Std. Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Javelin	Javelin	Javelin
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

26/06

U9	U11	U13	U15	U17
60m	150m	200m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

31/07

U9	U11	U13	U15	U17
60m	80m	100m	100m	100m
Std. Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Javelin	Javelin	Javelin
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

04/09

U9	U11	U13	U15	U17
60m	150m	200m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

AGE GROUPS

U9: 01/09/2013 and 7+

U11: 01/09/2011 - 31/08/2013

U13: 01/09/2009 - 31/08/2011

U15: 01/09/2007 - 31/08/2009

U17: 01/09/2005 - 31/08/2007