

# LIVINGSTON JUNIOR GRAND PRIX

## WHAT

A Saturday morning multi-events competition. Every athlete does a run, jump, throw and team relay race.

## WHO

For all Livingston Club and RJT athletes, from Under 9 to Under 15. All athletes taking part will receive a medal.

## WHEN

Saturday 13 April 2024

Saturday 18 May 2024

Saturday 17 August 2024

9.30 am - 1.00 pm

## WHERE

Xcite Craigswood Sports Centre,  
Livingston

Pre-entry only at:

[livingstonac.com/gp](http://livingstonac.com/gp)





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**13 APR**

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

**18 MAY**

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Javelin	Javelin
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

**17 AUG**

U9	U11	U13	U15
60m	80m	100m	100m
60m	150m	200m	200m
Std. Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put
4x100m Relay	4x100m Relay	4x100m Relay	4x100m Relay

**AGE GROUPS**

**U9:** 01/09/2015 - 31/08/2017 **U13:** 01/09/2011 - 31/08/2013  
**U11:** 01/09/2013 - 31/08/2015 **U15:** 01/09/2009 - 31/08/2011