LIVINGSTON
ATHLETIC CLUB

CLUB CHAMPIONSHIPS

Saturday 13 September 2025

Craigswood Sports Centre, Livingston



Enter online from August at:

www.livingstonac.com/champs

Closing date Sunday 7 September at midnight

Open to all Livingston Club & RJT athletes

Entry Fee £12

www.livingstonac.com/champs

scottishathletics
licensed event

EVENTS / TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.15					Long Jump	Long Jump
11.30	Standing Long Jump		1500m Javelin	1500m Javelin	1500m	1500m
12.00		Long Jump (G)	100m	100m	100m	100m
12.15	Shot Put				Javelin	Javelin
12.30		80m				
12.35		Long Jump (B)				
13.00					400m (M)	400m
13.15				300m	300m (W)	
13.30		Shot Put		High Jump		
13.45	60m			Long Jump		
14.00		150m	Shot Put		High Jump	High Jump
14.15			200m	200m	200m	200m
14.30			Long Jump	Shot Put		
14.45		600m			Shot Put	Shot Put
14.50	1 Lap					
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements throughout the day. An updated timetable will be released after entries close.

Track events will be seeded based on age group, with the heats ordered youngest to oldest.

INFORMATION

1. Entries

- All entries must be made in advance via OpenTrack.
- Entry fees: £12 per athlete.
- Entries close at midnight on Sunday 7 September – no entries on the day.
- Entry fees are non-refundable if cancellation is due to factors outside the club's control (e.g. weather).

2. Eligibility

- This is a closed event for Livingston Club and RJT athletes only, and invited guests.

3. Age Groups

- Open to male and female athletes from Under 9 to Senior.
- Age group cut-offs:
  - U9: 01/09/2016 – 31/08/2018
  - U11: 01/09/2014 – 31/08/2016
  - U13: 01/09/2012 – 31/08/2014
  - U15: 01/09/2010 – 31/08/2012
  - U17: 01/09/2008 – 31/08/2010
  - U20: 01/01/2006 – 31/08/2008
  - SEN: Born on or before 31/12/2005

4. Event Limits

- U9: Athletes compete in a quadrathlon (4 events)
- U11-U15: 3 individual events, which should be a mixture of track and field events.
- U17-SEN: 4 individual events, which should be a mixture of track and field events.

5. Track Events

- Events will be seeded based on age group.
- Races will be run youngest to oldest

6. Field Events

- All athletes receive **3 trials**, with the exception of high jump.
- Throwing implement weights: U20 and Senior athletes will throw appropriate weights for their age category but will be scored together for medal purposes.

7. Medley Relay

- For U11 to Senior athletes only.

8. Scoring / Presentations

- U9: All athletes will receive a medal, and overall 1st/2nd/3rd medals
- U11-SEN: 1st/2nd/3rd medals will be presented for individual events on the day. U20 and Seniors will be combined for medals. Overall trophies will be presented at the annual awards disco later in the year.
- No guest medals.

9. Declarations

- Open at **10.30 am** in the athletics pavilion.
- Close **30 minutes before** the published start time of each event.

10. Timetable

- Timetables are provisional – both the events offered and their timings may change.
- Entry lists and an updated timetable will be published after entries close.

This is a **scottish**athletics licensed event run under UK Athletics rules. Entry data and results will be shared with **scottish**athletics.

For queries, email **events@livingstonac.com**