LIVINGSTON ATHLETIC CLUB

CLUB CHAMPIONSHIPS

Saturday 19 September 2026

Craigswood Sports Centre, Livingston



Enter online from August at:

www.livingstonac.com/champs

Closing date Sunday 13 September at midnight

Open to all Livingston Club & RJT athletes

www.livingstonac.com/champs

scottishathletics licensed event

EVENTS / TIMETABLE

TIME	U10	U12	U14	U16	U18	U20/SEN
11.00					3000m	3000m
11.15		Long Jump				
11.30	Standing Long Jump		1500m	1500m	1500m	1500m
			Javelin	Javelin	Javelin	Javelin
11.45			100m	100m		
12.00					100m	100m
12.15	Shot Put	80m			Long Jump	Long Jump
12.30						
13.00					400m	400m
13.10				300m		
13.30		Shot Put				
13.45	60m			Long Jump		
14.00		150m	Shot Put			
14.15			200m	200m		
14.30			Long Jump	Shot Put	200m	200m
14.40		600m				
14.45				High Jump	High Jump	High Jump
					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: £13 per athlete.
- Entries close at midnight on Sunday 13 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.

3. Age Groups

- Open to male and female athletes from Under 9 to Senior.
- Age group cut-offs:
    - U10: Born 2017 or 2018
    - U12: Born 2015 or 2016
    - U14: Born 2013 or 2014
    - U16: Born 2011 or 2012
    - U18: Born 2009 or 2010
    - U20: Born 2007 or 2008
    - SEN: Born 2006 or earlier

4. Event Limits

- U10: Athletes compete in a quadrathlon (4 events)
- U12-U16: 3 individual events, which should be a mixture of track and field events.
- U18-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

- Optional event for U12 to Senior athletes only. Advance entry required.

8. Scoring / Presentations

- U10: All athletes will receive a medal, and overall $1^{st}/2^{nd}/3^{rd}$ medals
- U12-SEN: $1^{st}/2^{nd}/3^{rd}$ 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**