

Central Athletic Club Championships and End of Season Open

Saturday 13 September 2014 - George Duncan Athletics Arena, Perth

This event is open to guests



This timetable is provisional, please check actual timetable on the day. Some events may be moved.

Track	EVENT	AGE GROUP
10.30	70m Hurdles	U13 Girls
	75m Hurdles	U15 Girls & U13 Boys
	80m Hurdles	U17 Women & U15 Boys
	100m Hurdles	Sen/U20 Women & U17 Men
	110m Hurdles	Sen/U20 Men
11.10	800m	All ages
11.50	100m	All ages
12.50	300m Hurdles	U17/U15 girls & U15 boys
	400m Hurdles	U20/Sen M&W & U17M
	LUNCH	
2.00	200m	All ages
3.00	1500m	All ages U13 upwards
3.20	300m	U15 Girls & U17 Women
	400m	U15B - Sen M & U20/Sen W

Field	EVENT	AGE GROUP
10.30	Triple Jump	U15 - Senior M&F
	Long Jump	U11 Boys
	Shot	U11 & U13 Girls
	High Jump	Females (lower pool)
	Hammer	All ages
11.15	Long Jump	U15B - Sen M
	Long Jump	U13 Boys
	Shot	U15G - Sen W
	High Jump	Females (higher pool)
	Discus	All ages
12.00	Long Jump	Additional pools if required
	Discus	Additional pools if required
	LUNCH	
1.45	Long Jump	U15G - Sen W
	Long Jump	U11 Girls
	High Jump	Males (higher pool)
	Shot	U11 & U13 Boys
	Javelin	All ages (pool 1)
2.30	Long Jump	U13 Girls
	High Jump	Males (lower pool)
	Shot	U15B - Sen M
	Javelin	2nd pool if required
	Long Jump	U15G-Sen W (2nd pool if required)
3.15	Javelin	Additional pools if required
	Long Jump	Additional pools if required

High Jump pools will be split according to ability.

2014 Age Groups (UKA rules)	
Age grp	DOB
Under 11	01/09/2003 - age 9
Under 13	01/09/2001 - 31/08/2003
Under 15	01/09/1999 - 31/08/2001
Under 17	01/09/1997 - 31/08/1999
Under 20	01/01/1995 - 31/08/1997
Senior	Before 31/12/1994

Please note that athletes can compete in a maximum of 4 events (3 events for guests)

Athletes under 15 and younger cannot run 800 metres and 1500 metres on the same day due to UKA rules.

For Central AC athletes best 3 events to count for championships which must include a track and a field event.

Please Retain Timetable (above)

Central Athletic Club Championships & End of Season Open Entry Form

Club : _____

Name:- _____ please circle **M / F** D.O.B. _____ Age Group _____

e-mail: _____ tel no: _____

(please include email and write clearly to get updates to timetable, entry lists etc.)

Events:- 1 _____ PB: _____ 2 _____ PB: _____
3 _____ PB: _____ 4 _____ PB: _____

(Guest are limited to 3 events)

I wish to opt to compete in Event _____ above at Central time trial on 28 August - see over (Central AC athletes only)

For parents/ supporters please tick and give your name if you are willing to assist with officiating or organisation.

I am willing to assist on the day. Name _____

Championship entry fee £6 payable to Central Athletic Club

Guests entry fee: £2 per event payable to Central Athletic Club - MAXIMUM 3 EVENTS PER GUEST

Entries close Monday 1st September 2014

LATE ENTRIES WILL NOT BE ACCEPTED

Entries with fee to:- Andy Salmon, 3 Wilson Court, Kinross. KY13 8NA.

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1	All performances will be submitted to www.thepowerof10.info for inclusion in national rankings.
2	All Club Championship athletes will be entitled to compete in up to 4 events and guests will be entitled to compete in up to 3 events.
3	The event runs under UKA rules and age groups: 300m Hurdles is open to under 15 boys and girls as used for under 17 women. Under 11 boys and girls will use U13 girls implements for throws.
4	Rules 4-7 are specific to the Central AC club championships so apply to Central AC athletes only. Only athletes who are paid up members of Central AC will be eligible for inclusion in the club championships standings. Any others who have not yet joined can still compete in the same way as the open entries from other clubs.
5	Club championship positions will be determined from your best 3 event scores which must include at least 1 track and 1 field event so athletes should ensure they enter both track and field events. Scores will be based on tables that award equivalent points for performances of an equivalent standard in each event and not on what position you finish in.
6	Central AC athletes may opt to include either the 800m or 3000m from the club Time Trial at Lornshill on 28 August 2014 in their club championship score. Any under 13 and under 15 athletes wishing to include both the 800m and 1500m in their club championship score must do the 800m at the club time trial and the 1500m at the club championships. This is due to UKA rules preventing younger athletes from doing 2 endurance events on the same day. There is no 3000m on offer at the club championships so athletes wishing to include this event for the club championships must do this at the club time trial. Athletes including an event from the club time trial must: - state on the Entry Form which event they will do at the club time trial. - have submitted their entry by Wednesday 27 August And there is no restriction on athletes doing additional non-scoring events at the club time trial.
7	Final placings will not be released until after the event. Prizes will be awarded to winners and medals for the top 3 competitors at the club annual awards ceremony which will be held in the Autumn. Certificates will be also be awarded to all athletes achieving graded standards. The athlete database on the club website includes details of the standards required.
8	Heat and lane draws will be displayed in the stadium on the day along with any adjustment to timetables. Races will mainly run slowest to fastest. More popular events (likely to be 100m, 200m, 800m) will be split by gender with all female heats run first then all male heats. Where numbers permit events will be split by age group with youngest age groups going first.
9	If athletes have a clash between events we will endeavour to fit them in. They may be allowed to do a field event with a different age group.
10	This event is run solely by the club. We have a handful of experienced officials and timekeepers available but require as much assistance as possible from parents and other supporters to ensure the event runs smoothly. You do not require any training to help as this may be simply measuring or recording results. We would be grateful if parents/ supporters could indicate if they are willing to help on the entry form. Volunteers will receive free tea and coffee throughout the day along with soup, sandwiches for lunch. Please report to the officials room at 10:15.
11	Declarations will close 30 minutes before the event, up to 13.00. Entry on the day will not be accepted.
12	Any queries by e-mail to andy.salmon@tiscali.co.uk