

# Central Athletic Club Championships and End of Season Open

Saturday 12 September 2015 - George Duncan Athletic Arena, Perth, PH1 5AZ

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	
1.45	200m	All ages
2.45	1500m	All ages U13 upwards
3.10	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)
	Discus *	All ages
11.15	Long Jump	U15B - Sen M
	Long Jump	U13 Boys
	Shot	U15G - Sen W
	High Jump	Females (higher pool)
12.00	Long Jump	U11 Girls
	Shot	U11 & U13 Boys
	LUNCH	
1.45	Long Jump	U15G - Sen W
	Long Jump	U13 Girls
	High Jump	Males (higher pool)
	Shot	U15B - Sen M
	Javelin *	All ages (pool 1)
2.30	Long Jump	U13 Girls (2nd pool if required)
	High Jump *	Males (lower pool)
	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

2015 Age Groups (UKA rules)	
Age grp	DOB
Under 11	01/09/2004 - age 9
Under 13	01/09/2002 - 31/08/2004
Under 15	01/09/2000 - 31/08/2002
Under 17	01/09/1998 - 31/08/2000
Under 20	01/01/1996 - 31/08/1998
Senior	Before 31/12/1995

\*Minimum entry standards apply at Under 11 and Under 13 for High Jump, Discus and Javelin. See notes.

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.

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Please Retain Timetable (above)

## Central Athletic Club Championships & End of Season Open Entry Form

Name:- \_\_\_\_\_ please circle **M / F** D.O.B. \_\_\_\_\_ Age Group \_\_\_\_\_ Club : \_\_\_\_\_  
 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 compete in Event \_\_\_\_\_ above at Falkirk Open Graded on 2nd September - see notes (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 31st August 2015

LATE ENTRIES WILL NOT BE ACCEPTED

Entries with fee to:- Lucy MacKechnie, 47A Chalton Road, Bridge of Allan FK9 4EF