

CENTRAL ATHLETIC CLUB

FREE COMPETITION FOR ALL

Training at Stirling University on the last Thursday of each month will consist of a series of races plus Jump and Throw competitions.

Come along and get a new personal best or try a new event

Events for Thursday 29 May 2014

Time	Event	Details
7.15pm	100 metre Series	Graded event starting with youngest athletes
7.40pm	600 metre Series	Graded event for Under 11's and Under 13's
7.50pm	1000 metre Series	Graded event for Under 15 upwards
8.05pm	200 metre Series	Graded event starting with youngest athletes
From 7pm	Long Jump	Athletes will be accommodated throughout the evening
From 7pm	Shot Put	

AGE GROUPS :-		
Under 11 – Born after 1/9/03	Under 15 – 1/9/99 – 31/8/01	Under 20 – 31/12/94 – 31/8/97
Under 13 - 1/9/01 – 31/8/03	Under 17 – 1/9/97 – 31/8/99	Senior – Born before 31/12/94

Help will be required on the night with Registration and Track & Field Judging so if you are not competing please volunteer with John McDonald

Registration and Warm-up from 6.30pm – Registration in the Café at the Gannochy.

To assist with registration please complete the following:-

 Name: _____ Gender: _____

Age Group: _____ Date of Birth: _____

Event	Please Tick	Personal Best (if known) or Anticipated Time
100 metres		
200 metres		
600 metres		
1000 metres		

Please complete a separate Form for each Track event.
 Long Jump and Shot Put athletes register at the event.
 Remember to ensure this event is a success we require your help.