

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 26 June 2014

Time	Event	Details
7.15pm	100 metre Series	Graded event starting with youngest athletes
7.35pm	300/400 metre Series	Under 15's Upwards only
7.45pm	800 metre Series	Graded event starting with youngest athletes
8.05pm	1 Mile	Under 15's Upwards only
8.20pm	4 x 100m Relays	Join in at the end of the evening
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 Gannochy Cafe.

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		
300 metres		
400 metres		
800 metres		
1 mile		

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