

Central Athletic Club - Pre Season Meeting

Sunday 29 March 2015 - Grangemouth Sports Stadium



Please note this event is only open to Central AC & Forth Valley clubs & disability squads.

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

| Track | EVENT | AGE GROUP |
|-------|--------------|---------------------------|
| 10.00 | 60m | Wheelchair/Race Runners |
| 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* |

*Includes a wheelchair/Race Runners event

| Field | EVENT | AGE GROUP |
|-------|---------------|-----------------------------------|
| 10.00 | Triple Jump | U15 - Senior M&F |
| | Long Jump | U11 Boys |
| | Shot | U11 & U13 Girls |
| | High Jump | Females (lower pool) |
| | Hammer | All ages |
| 11.00 | 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 |
| | Seated Discus | Club Throw at 3.15pm |
| | 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.

Please note that under 17s and younger can compete in a maximum of 4 events.

Athletes in these age groups doing 4 events must include a mix of track and field events.

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

Please Retain Timetable (above)

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Official Entry Form

To be returned by Monday 16 March 2015 to Lucy MacKechnie, 45 Chalton Road, Bridge of Allan, FK9 4EF.

Cheques to be made payable to 'Central Athletic Club'.

Entry fee £2.00 per event, £6 for 3 or more events

Club :- _____

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

e-mail: _____ tel no: _____

(timetable, entry list & info will be sent by email so please write clearly)

Events:- 1 _____ PB: _____ 2 _____ PB: _____

3 _____ PB: _____ 4 _____ PB: _____

5 _____ PB: _____ other pbs, 60m _____ 60mH _____

U20 Seniors only

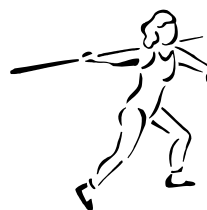
Please also list any other relevant pbs to assist seeding. 100m runners should list recent 60m times and sprint hurdlers recent 60m hurdles times. If you have no personal best an estimated performance would be helpful for seeding purposes.

It is essential to the success of this event that we have parental assistance - 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 _____

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|----|--|
| 1 | Unfortunately due to the popularity of this event it will now be closed to only members of the following clubs. - Central AC - Kirkintilloch Olympians - Team Forth Valley partner clubs (Falkirk Victoria Harriers, Livingston AAC, Lothian Running Club) This Scottish Disability event run in parallel with this event is open to all members of disability squads. |
| 2 | All performances will be submitted to www.thepowerof10.info website for inclusion in national rankings. |
| 3 | All athletes up to under 17 will be entitled to compete in up to 4 events. Where 4 events are entered they must be a mix of track and field events. Older athletes can enter 5 events. |
| 4 | Under 15s and younger cannot compete in 800m or 1500m on the same day due to to UK athletics rules. |
| 5 | Declarations will open at 9:00 and will close 30 minutes before your event. |
| 6 | Program is subject to alteration depending on entries. Please check the timetable on the day and listen for announcements. Some races may be combined and some field event pools may be split. |
| 7 | 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 with all age groups mixed together. More popular events (likely to be 100m, 200m, 800m) may be split by age group, gender with all female heats run first then all male |
| 8 | If an athlete misses his/her event or has 2 events that clash - see marksman, field officials who will attempt to fit them in with a different age group. |
| 9 | High Jump pools will be split by ability. |
| 10 | This event is run solely by the club. We will have a handful of experienced officials and timekeepers available but will require as much assistance as possible from parents and other supporters to ensure the event runs smoothly. You do not require any training to be of 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. All volunteers will receive a lunch and tea/coffee on the day. Thank you. |
| 11 | For Central AC athletes results from this event along with recent indoor season performances are used to select teams for league matches in the summer. Anyone who competed indoors may want to try different events, e.g. 1500m, long throws or long hurdles not available indoors. |
| 12 | The event runs under UKA rules and age groups with the following additions: 300m hurdles is 7 hurdles as used for under 17 women. Under 11 boys and girls will use U13 girls implements for throws. |
| 13 | Since the refurbishment of the Grangemouth Track athletes are only permitted to wear pyramid/cone shaped spikes. Pin/needle shaped spikes are not allowed - facility staff will regularly check footwear and those wearing pin shaped spikes will be required to remove them immediately. It is intended that pyramid spikes will be available for sale at these Time Trials. |
| 14 | Any queries by e-mail to john@glenallan.fsnet.co.uk |