

# CENTRAL ATHLETIC CLUB

## FREE COMPETITION FOR ALL

Training at Stirling University is suspended on Thursday 27 July 2017 - instead there will be a series of races plus Jump and Throw competitions at Lornshill Academy Track, Alloa – *please note the change of venue.*

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

Events for Thursday 27 July 2017

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
8.00pm	1500 metre Races	Graded event for Under 15 upwards
8.15pm	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 1/9/06	Under 15 – 1/9/02 – 31/8/04	Under 20 – 31/12/97 – 31/8/00
Under 13 - 1/9/04 – 31/8/06	Under 17 – 1/9/00 – 31/8/02	Senior – Born before 31/12/97

The success of this event is dependent on parental help on the night with both Registration and Track & Field Judging so if you are not competing please volunteer at Registration or with Gillian Marchant, John McDonald or Derek Easton - Registration and Warm-up from 6.30pm – Registration in Club Gazebo adjacent to the track.

To register for track events please complete the following:-

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 Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Age Group: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Event	Please Tick	Personal Best (if known) or Anticipated Time
100 metres		
600 metres		
1500 metres		
200 metres		

Please complete a separate Form for each Track event.

Long Jump and Shot Put athletes register at event.

Remember to ensure this event is a success we require your help.