

## CENTRAL AC - FREE COMPETITION FOR ALL

Training at Stirling University is suspended on Thursday 28 July 2022 - instead there will be a series of races plus Jump and Throw competitions at Lornhill 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 28 July 2022

Time	Event	Details
7.00pm	100 metres Series	Graded event starting with youngest athletes
7.20pm	800 metres Series	Graded event starting with youngest athletes
7.40pm	200 metres Series	Graded event starting with youngest athletes
8.00pm	1500 metres	Under 15's and upwards
8.10pm	300/400metres	Under 15's and upwards
8.25pm	4 x 100 metre Relays Challenge	4 x 100m teams report to the start/finish area at 8.20pm
8.30pm	4 x 300 and 4 x 400 metre Relays	Under 15's Upwards only - 4 x 300m and 4 x 400m teams report to the start/finish area at 8.25pm
From 7pm	Long Jump	Register at the event - Athletes will be accommodated throughout the evening
From 7pm	Shot Put	
From 7pm	Javelin	

**This is an ambitious Programme - success is dependent on parental help on the night with both Registration and Track & Field Judging - if you are not competing please volunteer with Steve Ingram, Will Hogg, John McDonald or Derek Easton - Registration and Warm-up from 6.30pm – Registration adjacent to the track.**

<b>AGE GROUPS :-</b>		
Under 11 – Born after 1/9/11	Under 15 – 1/9/07 – 31/8/09	Under 20 – 31/12/02 – 31/8/05
Under 13 - 1/9/09 – 31/8/11	Under 17 – 1/9/05 – 31/8/07	Senior – Born before 31/12/02

**Registration Slips for Track Events will be available on the night at the Registration Desk**

**Field Event athletes require to register to obtain a Number and then go to their Field Event and will be accommodated throughout the evening.**