

# CENTRAL AC - FREE COMPETITION FOR ALL

**Training at Stirling University on Thursday 25 May 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 25 May 2023

Time	Event	Details
6.45pm	Sprint Hurdles	Pre- registration required by Monday 22 May to mcdonald@johnglenallan.plus.com
7.15pm	100 metre Series	Graded event starting with youngest athletes
7.45pm	800 metre Series	Graded event starting with youngest athletes
8.10pm	3000 metre Series	Under 17's and upwards
8.25pm	4 x 100 metre Relay Challenge	4 x 100m teams report to the start/finish area at 8.20pm
8.30pm	4 x 300 metre Relay Challenge	Under 15's Upwards only - 4 x 300m 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	

**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 with John McDonald or Derek Easton - Registration and Warm-up from 6.30pm – Registration adjacent to the track.**

AGE GROUPS :-		
Under 11 – Born after 1/9/12	Under 15 – 1/9/08 – 31/8/10	Under 20 – 31/12/03 – 31/8/06
Under 13 - 1/9/10 – 31/8/12	Under 17 – 1/9/06 – 31/8/08	Senior – Born before 31/12/03

**To assist with registration 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
Sprint Hurdles * See note above		
100 metres		
800 metres		
3000 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.**

By entering this competition you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, event performance and age category.