

CENTRAL AC - FREE COMPETITION FOR ALL

Training at Stirling University on Thursday 29 August 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 29 August 2024

Time	Event	Details
6.45pm	Sprint Hurdles	Pre- registration required by Tuesday 27 August to mcdonald@johnglenallan.plus.com
7.10pm	100 metre Series	Graded event starting with youngest athletes
7.40pm	800 metre Series	Graded event starting with youngest athletes
8.00pm	3000metres	Under 17's and upwards
8.20pm	4 x 100 metre Relay Challenge	4 x 100m teams report to the start/finish area at 8.15pm
8.25pm	4 x 300m and 4 x 400m Relay Challenge	Under 15's Upwards only - 4 x 300m teams report to the start/finish area at 8.20pm
From 7pm From 8.15pm	Long Jump Triple Jump U15's and above	Register at the event - Athletes will be accommodated throughout the evening – any new Long Jumpers requiring assistance with run up please report to Long Jump at 6.45pm
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, Derek Easton or Will Hogg - Registration and Warm-up from 6.30pm – Registration adjacent to the track.

AGE GROUPS :-		
Under 11 – Born after 1/9/13	Under 15 – 1/9/09 – 31/8/11	Under 20 – 31/12/04 – 31/8/07
Under 13 - 1/9/11 – 31/8/13	Under 17 – 1/9/07 – 31/8/09	Senior – Born before 31/12/04

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		
800metres		
3000 metres		

Please complete a separate Form for each Track event.

Long Jump, Triple 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.