

CENTRAL AC - FREE COMPETITION FOR ALL

Training at Stirling University is suspended on Thursday 30 July 2026 - 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 30 July 2026

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 16s and upwards
8.10pm	300/400metres	Under 16s 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 16s 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 - those wishing help with run-ups for long jump should come to the pit at 6.45pm
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 Dave Ingram, Will Hogg, Colin Sinclair, John McDonald or Derek Easton - Registration and Warm-up from 6.30pm – Registration adjacent to the track.

AGE GROUPS :-		
Under 12 – Born 2015 - 2016	Under 16 – Born 2011 – 2012	Under 20 – Born – 2007 - 2008
Under 14 – Born 2013 - 2014	Under 18 – Born 2009 – 2010	Senior – Born 2006 or earlier.

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.