

CENTRAL AC - FREE COMPETITION FOR ALL

Training at Stirling University on Thursday 27th 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 27 August 2026

Time	Event	Details
6:45pm	Sprint Hurdles – U14 and up.	Pre- registration required by Tuesday 25 August to will.hogg@sky.com
7.10pm	100 metres Series	Graded event starting with youngest athletes
7.40pm	800 metres Series	Graded event starting with youngest athletes
8.00pm	3000 metres Series	Graded event - U18 and upwards.
8.20pm	4 x 100 metre Relays Challenge	4 x 100m teams report to the start/finish area at 8.20pm
8.25pm	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 8:15pm	Triple Jump U16 and above.	

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 14 – Born 2013 - 2014	Under 16 – Born 2011 – 2012 Under 18 – Born 2009 – 2010	Under 20 – Born – 2007 - 2008 Senior – Born 2006 or earlier.
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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.