

# Central Athletic Club - Pre Season Meeting

## Saturday 24 March 2012 - Grangemouth Sports Stadium



This event is open to guests, particularly Grangemouth stadium users

This timetable is provisional, please check actual timetable on the day. Some events may be moved.

Track	EVENT	AGE GROUP
11.00	Sprint Hurdles	All Ages
	U13G 70m, U15G&U13B 75m, U17W&U15B	
	U17M & U20&SenW 100m, U20 & Sen M 110	
11.30	1500 metres*	All ages U13 up
11.50	100 metres*	All ages
12.30	Long Hurdles	All ages U13 up
	200m Hurdles - U14 B&G (born 1999&2000)	
	300m Hurdles U16B&G (Born 1997/98) & U17W	
	400m Hurdles - U17M & all U20 & Seniors	
	<b>LUNCH</b>	
1.45	800 metres*	All ages
2.30	200 metres*	All ages
3.15	3000 metres	U17 & Seniors
3.15/3.30	300 metres	U15G, U17W
	400 metres*	U15B, U17M & Sen M&W

If no 3000m is required the 300m & 400m will start 3.15

\*Open to wheelchair athletes, please indicate this on the entry form.

2012 Age Groups (UKA rules)	
Age grp	DOB
Senior	before 1/1/93
Under 20	1/1/93 - 31/8/95
Under 17	1/9/95 - 31/8/97
Under 15	1/9/97 - 31/8/99
Under 13	1/8/99 - 31/8/01
Under 11	1/8/01 - Age 9 on day

Please note that under 17s and younger can compete in a maximum of 4 events.

Athletes in these age groups doing 4 events must include a mix of track and field events.

Athletes under 15 and younger cannot run 800 metres and 1500 metres on the same day due to UKA rules.

Field	EVENT	AGE GROUP
11.00	Triple Jump	U15/ U17 & Seniors
	Long Jump	U11 & U13 Boys
	Shot	All Female Age Groups
	High Jump	pool 1 pb 1.35m or higher
Pool 1 at 11 (& pool 1B if required at 12) will have a starting height of 1.20m. Those requiring a lower starting height should join pool 2 at 1:45		
11.45	Discus	All ages
12.00	Long Jump	U15 Boys, U17 & Sen Men
	High Jump	Pool 1B if required for 1.35+
12.30	Hammer	All ages
	<b>LUNCH</b>	
1.45	Long Jump	U15 Girls, U17 & Sen Women
	Long Jump	U11 Girls
	Shot	All Male Age Groups
	High Jump	Pool 2 (pb below 1.35m)
2.30	Long Jump	U13 Girls
	Javelin	All Ages
	Long Jump	extra pool U15G-SenW, if required

Pools may be split or merged depending on entry numbers.

Please check the timetable on the day. If you have events that clash we may try and fit you in another pool.

Please Retain Timetable (above)

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### Official Entry Form

To be returned to Kenneth Pearson, 20 Ledcameroch Gardens, Dunblane FK15 0GZ by **Saturday 17 March**.

Cheques to be made payable to 'Central AC'.

Total entry fee £4.00 (or £2 if only 1 event entered)

Club :- \_\_\_\_\_

Name:- \_\_\_\_\_ M / F D.O.B. \_\_\_\_\_ Age Group \_\_\_\_\_

e-mail: \_\_\_\_\_ tel no: \_\_\_\_\_

Events:- 1 \_\_\_\_\_ PB: \_\_\_\_\_ 2 \_\_\_\_\_ PB: \_\_\_\_\_

3 \_\_\_\_\_ PB: \_\_\_\_\_ 4 \_\_\_\_\_ PB: \_\_\_\_\_

5 \_\_\_\_\_ PB: \_\_\_\_\_ other pbs, 60m \_\_\_\_\_ 60mH \_\_\_\_\_

U20 Seniors only

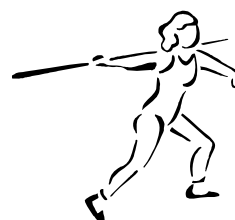
Please also list any other relevant pbs to assist seeding. 100m runners should list recent 60m times and sprint hurdlers recent 60m hurdles times. If you have no personal best an estimated performance would be helpful for seeding purposes.

For parents/ supporters please tick and give your name if you are willing to assist with officiating or organisation.

I am willing to assist on the day.

Name \_\_\_\_\_

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1	All performances will be submitted to <i>www.thepowerof10.info</i> website for inclusion in national rankings.
2	All athletes up to under 17 will be entitled to compete in up to 4 events. Where 4 events are entered they must be a mix of track and field events. Older athletes can enter 5 events.
3	Under 15s and younger cannot compete in 800m or 1500m on the same day due to to UK athletics rules.
4	Declarations will open at 9:30 and will close 30 minutes before your event with a final closing at 1pm.
5	Program is subject to alteration depending on entries. Please check the timetable on the day and listen for announcements. Some races may be combined and some field event pools may be split.
6	Heat and lane draws will be displayed in the stadium on the day along with any adjustment to timetables. Races will mainly run slowest to fastest with all age groups mixed together. More popular events (likely to be 100m, 200m, 800m) will be split by gender with females then males.
7	If an athlete misses his/her event or has 2 events that clash - see marksman, field officials who will attempt to fit them in with a different age group.
8	This event is run solely by the club. We will have a handful of experienced officials and timekeepers available but will require as much assistance as possible from parents and other supporters to ensure the event runs smoothly. You do not require any training to be of help as this may be simply measuring or recording results. We would be grateful if parents/ supporters could indicate if they are willing to help on the entry form. All volunteers will receive a lunch and tea/coffee on the day. Thank you.
9	There will be a short training course for anyone wanting to help officiate at this or any other event at Stirling University on Thursday 22nd March (6pm - 9pm). We encourage all parents and other helpers to take part and Central AC will pay the cost. See <a href="http://www.centralathletics.co.uk">www.centralathletics.co.uk</a> or e-mail me ( <a href="mailto:kennethwgpearson@googlemail.com">kennethwgpearson@googlemail.com</a> ) for full details.
10	Results from this event along with recent indoor season performances are used to select teams for league matches in the summer. Anyone who competed indoors may want to try different events, e.g. 1500m, long throws or long hurdles not available indoors.
11	The event runs under UKA rules and age groups with the following exceptions: <b>200m Hurdles</b> (Under 14 boys & girls, YOB 1999 & 2000) and <b>300m Hurdles</b> (Under 16 boys & girls, YOB 1997 & 98) use the new scottish athletics specification. 200m Hurdles has 5 hurdles set 35m apart on the 400m hurdle markings at the smallest setting. 300m hurdles is 7 hurdles as used for under 17 women. The track and field commission will soon be considering whether to add these events at the scottish U14/U16 championships this summer for the first time. This will hopefully be confirmed before the pre season meeting takes place. Under 11 boys and girls will use U13 girls implements for throws and sprint hurdles. i.e. 70m hurdles. If anyone wants to use the new age group hurdles or throwing implements this will be permitted subject to approval from the referee. Please enquire about any special requests by e-mail.
12	Any queries by e-mail to <a href="mailto:kennethwgpearson@googlemail.com">kennethwgpearson@googlemail.com</a>
13	<i>Notes on age groups for 2012.</i> Scottish athletics are piloting new age groups which fit in with international standard age groups from the IAAF. We will not be using these age groups for club events (except 200/300 hurdles, see above) as the leagues are still using the UK Athletics age groups which are listed overleaf. But scottish athletics events listed below will all use the new IAAF age groups listed below for information only.

New (IAAF) age groups		Scottish athletics events Summer 2012	Date
Age grp	Year of birth		
		East District Championships	12/13 May
Under 20	1993 & 1994	Scottish Combined Events championships	23/24 June
Under 18	1995 & 1996	Scottish Age group championships	25/26 August
Under 16	1997 & 1998	Under 12 Superteams	23 June
Under 14	1999 & 2000	Scottish 4x100m relay championships	3 June
Under 12	2001 & 2002	Scottish 4x400m & 3x800m relay championships	24 June

Note the East (& West) District championships are returning for 2012 after an absence of 4 years.