

Central Athletic Club - Pre Season Meeting

Sunday 29 March 2015 - Grangemouth Sports Stadium



Please note this event is only open to Central AC & Forth Valley clubs & disability squads.

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

Track	EVENT	AGE GROUP
10.00	60m	Wheelchair/Race Runners
10.30	70m Hurdles	U13 Girls
	75m Hurdles	U15 Girls & U13 Boys
	80m Hurdles	U17 Women & U15 Boys
	100m Hurdles	Sen/U20 Women & U17 Men
	110m Hurdles	Sen/U20 Men
11.10	800m	All ages*
11.50	100m	All ages*
12.50	300m Hurdles	U17/U15 girls & U15 boys
	400m Hurdles	U20/Sen M&W & U17M
	LUNCH	
2.00	200m	All ages*
3.00	1500m	All ages U13 upwards*
3.20	300m	U15 Girls & U17 Women
	400m	U15B - Sen M & U20/Sen W*

*Includes a wheelchair/Race Runners event

Field	EVENT	AGE GROUP
10.00	Triple Jump	U15 - Senior M&F
	Long Jump	U11 Boys
	Shot	U11 & U13 Girls
	High Jump	Females (lower pool)
	Hammer	All ages
11.00	Long Jump	U15B - Sen M
	Long Jump	U13 Boys
	Shot	U15G - Sen W
	High Jump	Females (higher pool)
	Discus	All ages
12.00	Long Jump	Additional pools if required
	Seated Discus	Club Throw at 3.15pm
	LUNCH	
1.45	Long Jump	U15G - Sen W
	Long Jump	U11 Girls
	High Jump	Males (higher pool)
	Shot	U11 & U13 Boys
	Javelin	All ages (pool 1)
2.30	Long Jump	U13 Girls
	High Jump	Males (lower pool)
	Shot	U15B - Sen M
	Javelin	2nd pool if required
	Long Jump	U15G-Sen W (2nd pool if required)
3.15	Javelin	Additional pools if required
	Long Jump	Additional pools if required

High Jump pools will be split according to ability.

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.

Please Retain Timetable (above)

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Official Entry Form

To be returned by Monday 16 March 2015 to Lucy MacKechnie, 45 Chalton Road, Bridge of Allan, FK9 4EF.

Cheques to be made payable to 'Central Athletic Club'.

Entry fee £2.00 per event, £6 for 3 or more events

Club :- _____

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

e-mail: _____ tel no: _____

(timetable, entry list & info will be sent by email so please write clearly)

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.

It is essential to the success of this event that we have parental assistance - 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	Unfortunately due to the popularity of this event it will now be closed to only members of the following clubs. - Central AC - Kirkintilloch Olympians - Team Forth Valley partner clubs (Falkirk Victoria Harriers, Livingston AAC, Lothian Running Club) This Scottish Disability event run in parallel with this event is open to all members of disability squads.
2	All performances will be submitted to www.thepowerof10.info website for inclusion in national rankings.
3	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.
4	Under 15s and younger cannot compete in 800m or 1500m on the same day due to UK athletics rules.
5	Declarations will open at 9:00 and will close 30 minutes before your event.
6	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.
7	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) may be split by age group, gender with all female heats run first then all male heats.
8	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.
9	High Jump pools will be split by ability.
10	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.
11	For Central AC athletes 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.
12	The event runs under UKA rules and age groups with the following additions: 300m hurdles is 7 hurdles as used for under 17 women. Under 11 boys and girls will use U13 girls implements for throws.
13	Since the refurbishment of the Grangemouth Track athletes are only permitted to wear pyramid/cone shaped spikes. Pin/needle shaped spikes are not allowed - facility staff will regularly check footwear and those wearing pin shaped spikes will be required to remove them immediately. It is intended that pyramid spikes will be available for sale at these Time Trials.
14	Any queries by e-mail to john@glenallan.fsnet.co.uk