

Central Athletic Club - Pre Season Meeting

Saturday 1 April 2017 - Grangemouth Sports Stadium



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

Hurdles events are open to everyone. This timetable is provisional, please check actual timetable on the day.

Track	EVENT	AGE GROUP
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	100m	Wheelchair/Race Runners
11.20	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

2016 Age Groups (UKA rules)	
Age grp	DOB
Under 11	01/09/2006 - age 9
Under 13	01/09/2004 - 31/08/2006
Under 15	01/09/2002 - 31/08/2004
Under 17	01/09/2000 - 31/08/2002
Under 20	01/01/1998 - 31/08/2000
Senior	Before 31/12/1997

Field	EVENT	AGE GROUP
10.30	Triple Jump	U15 - Senior M&F
	Long Jump	U11 Boys
	Shot	U15G - Sen W
	High Jump	U11 & U13 Girls
	Hammer	All ages U13 upwards
11.15	Long Jump	U15B - Sen M
	Long Jump	U13 Boys
	Shot	U11 & U13 Girls
	High Jump	U15G - Sen W
	Discus	All ages U13 upwards
12.00	Long Jump	U11 Girls
	Club Throw	Wheelchair
	LUNCH	
1.45	Long Jump	U15G - Senior W
	Long Jump	U13 Girls
	High Jump	U15B - Sen M
	Shot	U11 & U13 Boys
	Javelin	All ages (pool 1)
2.30	High Jump	U11 & U13 Boys
	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

Please note that under 17s and younger can compete in a maximum of 3 events.

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

Entries from younger athletes in the more technical events are expected to have some prior training in the event.

This includes high jump, hammer, discus or javelin.

Entry and payment is online only and available via www.online-entries.co.uk

Please read entry information before submitting an entry

Entry Fee £2.50 for 1 event; £5 for 2 events; £7 for 3 or more events.

payable when entering online

Closing date Tuesday 21st March

No Late Entries

For any queries please email as follows - mcdonald@johnnglenallan.plus.com

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1	Unfortunately due to the popularity of this event all events other than hurdles are now closed to only members of the following clubs. - Central AC - Kirkintilloch Olympians - Team Forth Valley partner clubs (Falkirk Victoria Harriers, Livingston AAC, Linlithgow AC, Lothian RC) - Stirling University This Scottish Disability event run in parallel with this event is open to all members of disability squads. Hurdle events are open to athletes from any club.
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 3 events. Older athletes can enter 5 events.
4	Under 15s and younger cannot compete in 800m or 1500m on the same day due to to UK athletics rules.
5	Athletes in the younger age groups entering for more technical events are expected to have had some training in the event before they compete. These are not "come and try" events. In the javelin, discus and hammer events athletes are expected to be capable of at least 10m and in the high jump capable of at least 1m. They do not need to have achieved these performances in competition but these are a guide to what they should be doing in training before it is worth competing.
6	Declarations will open at 9:00 and will close 30 minutes before your event.
7	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. Field event times may be moved depending on the number of officials available.
8	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.
9	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.
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 should report to the officials room by 10:15. They 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 McDonald mcdonald@johnglenallan.plus.com