

Central Athletic Club Championships
Sunday 4 September 2011 - Grangemouth Stadium
TIMETABLE (provisional)



		Men							Women						
		Vet	Sen	U20	U17	U15	U13	U11							
TRACK									Vet	Sen	U20	U17	U15	U13	U11
11.00	70m Hurdles							x						x	x
	75m Hurdles						x						x		
	80m Hurdles					x						x			
	100m Hurdles				x				x	x	x				
	110m Hurdles	x	x	x											
11.25	1500m	x	x	x	x	x	x		x	x	x	x	x	x	
11.45	100m	x	x	x	x	x	x	x	x	x	x	x	x	x	x
12.30	200m Hurdles						x							x	
	300m Hurdles					x						x	x		
	400m Hurdles	x	x	x	x				x	x	x				
	LUNCH														
1.45	800m	x	x	x	x	x	x	x	x	x	x	x	x	x	x
2.30	200m	x	x	x	x	x	x	x	x	x	x	x	x	x	x
3.15	3000m	x	x	x	x				x	x	x	x			
3.30	300m											x	x		
	400m	x	x	x	x	x			x	x	x				

FIELD																
11.00	Triple Jump	x	x	x	x	x			Triple Jump	x	x	x	x	x		
	Long Jump							x	Shot Put	x	x	x	x	x		
	High Jump	Pool 1 (all ages pb 1.35m or higher)														
11.30									Shot Put						x	x
12.00	Discus	x	x	x	x	x	x	x	Discus	x	x	x	x	x	x	x
	Long Jump	x	x	x	x	x		x								
12.30	Hammer	x	x	x	x	x	x	x	Hammer	x	x	x	x	x	x	x
1.45	Shot Put	x	x	x	x	x			Long Jump	x	x	x	x	x		x
	High Jump	Pool 2 (all ages pb below 1.35m)														
2.10	Shot Put							x	x							
2.30	Javelin	x	x	x	x	x	x	x	Javelin	x	x	x	x	x	x	x
									Long Jump							x

Please Retain Timetable (above)

Central Athletic Club Championships Entry Form

Maximum 4 events, 3 best events to count, must include one track and one field even Club : _____

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

e-mail: _____ tel no: _____

Events:- 1 _____ PB: _____ 2 _____ PB: _____

3 _____ PB: _____ 4 _____ PB: _____

I wish to opt to compete in Event _____ above at open graded on 7 September - see over.

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 _____

Championship entry fee £4 payable to Central AC

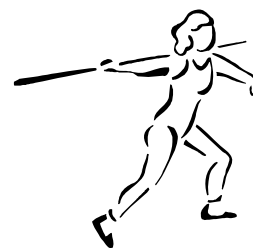
Entries close Saturday 27th August 2011

LATE ENTRIES WILL NOT BE ACCEPTED

Entries with fee to:- Kenneth Pearson, 20 Ledcameroch Gardens, Dunblane FK15 0GZ

Central Athletic Club Club Championships 2011

(Under UK Athletics Rules)



- 1 All athletes will be entitled to compete in up to 4 events.
- 2 Club championship positions will be determined from your best 3 event scores which must include at least 1 track and 1 field event so athletes should ensure they enter both track and field events. Scores will be based on tables that award equivalent points for performances of an equivalent standard in each event and not on what position you finish in.
- 3 UK Athletics rules and age groups apply for all events. UKA specifications apply for all events except the following additional events not specified under UKA rules:
Under 11 boys and girls will use under 13 girls specifications. U13 200 hurdles and under 15 300 hurdles will use the new new scottish athletics specifications for the equivalent age group.
- 4 Athletes (Under 13 upwards) may opt to include **one** event from those on offer at the Falkirk Open Graded Meeting on 7 September.
Available events on 7 September are 100m, 200m, 300/400m, 1500m, Sprint Hurdles, Pole Vault, Shot Put, Javelin. Athletes including an event from the open graded must
 - state on the Entry Form which event they will do at the open graded meeting
 - enter the open graded meeting on the day and pay the separate entry fee (£2 per event)Please note Pole Vault will only be offered at the Open Graded.
Athletes may not count an event from the open graded already attempted at the club championships, though there is no restriction on anyone doing additional non-scoring events at the open graded.
Any under 13 and under 15 athletes wishing to include both the 800m and 1500m in their club championship score must do the 800m at the club championships and the 1500m at the open graded meeting. This is due to UKA rules preventing younger athletes from doing 2 endurance events on the same day.

We are indebted to Falkirk Council who are allowing us to share events at their Open Graded Meetings.
- 5 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. Thank you.
- 6 Declarations will close 30 minutes before the event, up to 13.00. Entry on the day will not be accepted.
- 7 Final placings will not be released until after the open graded meeting on 7 September. Prizes will be awarded to winners and medals for the top 3 competitors at the club annual awards ceremony which will be held in the Autumn. Certificates will be also be awarded to all athletes achieving graded standards. The athlete database on the club website includes details of the standards.
To qualify for a club championship placing and any award athlete's membership subscriptions must be up to date.
- 8 **Guest notes:**
This event will also be the Kirkintilloch Olympians club championships and entries from members of other clubs are also welcome. It is possible entries in some field events may be limited to Central and Kirkintilloch athletes due to timetable constraints. There will be no limit to track events entries. Entry fee is reduced to £2 if a guest enters just 1 event.
- 9 Any queries by e-mail to kennethpearson@hotmail.co.uk