

# Central Athletic Club - Pre Season Open Meeting

## Saturday 29 March 2014 - Grangemouth Sports Stadium



This event is open to guests and incorporates SDS National Disability Squad events

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
10.05	1500m	All ages U13 upwards*
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	All ages*
12.20	200m Hurdles	U13 boys & girls
	300m Hurdles	U17/U15 girls & U15 boys
	400m Hurdles	U20/Sen M&W & U17M
	LUNCH	
1.45	800m	All ages*
2.30	200m	All ages*
3.30	3000m	U17/U20/Sen M&W
3.45	300m	U15 Girls & U17 Women
	400m	U15B - Sen M & U20/Sen W*

\*Includes a wheelchair/Race Runners event

Field	EVENT	AGE GROUP
10.30	Triple Jump	U15 - Senior M&F
	Long Jump	U11 Boys
	Shot	U11 & U13 Girls
	High Jump	Females (lower pool)
	Hammer	All ages
11.15	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
	Discus	Additional pools if required
	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)
	Pole Vault	All (depends on getting officials)
2.30	Long Jump	U13 Girls
	High Jump	Males (lower pool + others)
	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.

2014 Age Groups	
Age grp	DOB
Under 11	01/09/2003 - age 9
Under 13	01/09/2001 - 31/08/2003
Under 15	01/09/1999 - 31/08/2001
Under 17	01/09/1997 - 31/08/1999
Under 20	01/01/1995 - 31/08/1997
Senior	Before 31/12/1994

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 to Kenneth Pearson, 20 Ledcameroch Gardens, Dunblane FK15 0GZ by **Monday 17 March**.

Cheques to be made payable to 'Central AC'.

**Total entry fee £5.00 (or £2.50 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 <a href="http://www.thepowerof10.info">www.thepowerof10.info</a> 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 9:00 and will close 30 minutes before your event.
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) may be split by age group, gender with all female heats run first then all male heats.
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	High Jump pools will be split by ability. Any athlete male or female who has events that clash with their designated pool can join the males lower pool at 2:30 pm.
9	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.
10	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.
11	The event runs under UKA rules and age groups with the following additions: 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. Under 11 boys and girls will use U13 girls implements for throws.
12	Any queries by e-mail to <a href="mailto:kennethwgpearson@googlemail.com">kennethwgpearson@googlemail.com</a>