

**Central AC & Falkirk Vic's Club Champs**  
**Saturday 15th September 2018 - Grangemouth Stadium**

*This event is open to members and those on trial with CAC and FVH. It is also open to members of Kirkintilloch Olympians and Forth Valley Flyers, guests from other clubs are welcome.*

**Please read the entry info carefully before entering.**

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

Track	EVENT	AGE GROUP	Field	EVENT	AGE GROUP
10.15	3000m	U15 & Upwards			
10.30	70m Hurdles	U13 Girls	10.30	Triple Jump	U15 - Senior M&F
	75m Hurdles	U15 Girls & U13 Boys		Long Jump	U11 Boys
	80m Hurdles	U17 Women & U15 Boys		Shot	U15G - Sen W
	100m Hurdles	Sen/U20 Women & U17 Men		High Jump*	U11 & U13 girls
	110m Hurdles	Sen/U20 Men		Hammer	U13 upward
11.10	800m	All ages	11.15	Long Jump	U15B - Sen M
12.00	100m	All ages		Long Jump	U13 Boys
13.00	300m Hurdles	U17/U15 girls & U15 boys		Shot	U11 & U13 Girls
	400m Hurdles	U20/Sen M&W & U17M		High Jump	U15G - Sen W
<b>LUNCH</b>				Discus*	U13 upward
14.00	200m	All ages	12.00	Long Jump	U11 Girls
15.00	1500m	All ages U13 upwards		Discus	Additional pools if required
15.20	300m	U15 G, U15 B & U17 Women	<b>LUNCH</b>		
	400m	Sen M & U20/Sen W	1.45	Long Jump	U15G - Sen W
				High Jump	U15B - Sen M
				Shot	U11 & U13 Boys
				Javelin*	U13 upward
			2.30	Long Jump	U13 Girls
				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
				Long Jump	Additional pools if required

<b>2018 Age Groups (UKA rules)</b>	
Age grp	DOB
Under 11	01/09/2007 - age 9
Under 13	01/09/2005 - 31/08/2007
Under 15	01/09/2003 - 31/08/2005
Under 17	01/09/2001 - 31/08/2003
Under 20	01/01/1998 - 31/08/2001
Senior	Before 31/12/1998
Masters	35+ on day of comp

\*Minimum entry standards apply at under 11&13 for the High Jump, and under 13 for Discus, Javelin & Hammer. See event info.

Three trials in all field events - except HJ

Please note that U11 & U13 athletes can compete in a maximum of 3 events, for all other age groups it is a maximum of 4 events

U13's and younger cannot run 800 metres and 1500 metres on the same day due to UKA rules - see entry info

U15's can only run **one** of the following on the same day 800/1500/3000 - see entry info

For Central AC & Falkirk Vic's athletes best 3 events to count for their respective club championships - which must include a mix of track and field events.

**Entry and payment is online only and available via a link at** [www.online-entries.co.uk](http://www.online-entries.co.uk)

**Cost** £7 for members of CAC, FVH. FVH & KO **Guests** £3 per event (subject to available space)

**Closing date 6th September** **No Late Entries**

Please read Entry Info carefully before deciding your events

U13's & U15's May opt to do the 1500m at the Grangemouth OGM on 5th Sept - this will need to be communicated to your club by email prior to 15th Sept

U15's & May opt to do the 3000m at the CAC time trials at Stirling Uni on 30th August - this will need to be communicated to your club by email prior to 30th August

For any queries please email as follows - CAC athletes [mcdonald@johnglenallan.plus.com](mailto:mcdonald@johnglenallan.plus.com) FVH athletes [enquire@falkirkvics.com](mailto:enquire@falkirkvics.com)

