

Central AC & Falkirk Vic's Club Champs Entry Info

1	All performances will be submitted to www.thepowerof10.info
2	All U11 & U13 athletes will be entitled to compete in up to 3 events, with all other age groups allowed up to 4 events.
3	The event runs under UKA rules and age groups:
4	For safety reasons entries for under 11&13 athletes in the High Jump and under 13 at Javelin, Discus and Hammer events will only be accepted if they have a registered performance (power of 10 or club athlete database) in excess of the following minimum standards. (Under 11s will not be permitted to enter Javelin, Discus or Hammer) High Jump - 1m; Discus - 10m; Javelin - 10m; Hammer - 10m
5	This meeting will be used to determine the respective Club Champions from CAC & FVH subject to the following. CAC: Only athletes who are paid up members of Central AC will be eligible for inclusion in the club championships standings. FVH: fully paid member and must meet at least ONE of the criteria below 1. Competed at least once for the club in any league, district or national event from January of that year to the date of champ's (Includes Indoor & Cross Country.) 2. Compete in at least two OGM's from January of that year to the date of the champ's. 3. Actively involved in coaching. 4. Actively participating in the clubs Roads Champs.
6	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.
7	U13 & U15 athletes may use the 1500m at the Grangemouth OGM on 5th Sept as a counter, then do the 800m at the club champs - under UKA rules they can't do both on the same day. U15's may use the CAC Time trial event on August 30th at Stirling Uni for their 3k then do either 800m/1500m at the club champs. No other events from the OGM or CAC time trials will count toward the club championships. Individuals are responsible for entering the these events, entry to the OGM is online via this link www.online-entries.co.uk Athletes must email their clubs prior to the club champs if they are using these events as counters
8	Final respective championship placings will not be released until after the event. Championship trophies and any associated prizes will be presented at the respective club annual awards ceremony which will be held in the Autumn.
9	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. More popular events (likely to be 100m, 200m, 800m) will be split by gender and age group with all female heats run first then all male heats with youngest age groups going first.
10	On the day please listen for any changes in the timetable. If you have a clash of field/track events please report to your field event, you will be collected from there when you are due on track. You should then return to your field event ASAP.
11	This event is run solely by the clubs. 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. Volunteers will receive free tea and coffee throughout the day along with soup, sandwiches for lunch. Please report to the officials room at 10:00
12	Declarations will be in the stadium café and open at 09.15 Please declare as early as possible. Declarations will close 30 mins prior to the start of each event and finally at 13.00. Entry on the day will not be accepted.
13	Any queries by e-mail to CAC: mcdonald@johnglenallan.plus.com FVH: enquire@falkirkvics.com