

**Central AC & Falkirk Vic's Club Champs**  
**Sunday 25th August 2019 - 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.**

Track	EVENT	AGE GROUP	Field	EVENT	AGE GROUP
10.15	3000m	U15 & Upwards	10.30	Triple Jump	U15 - Senior M&F
10.30	70m Hurdles	U13 Girls		Long Jump	U11 Boys
	75m Hurdles	U15 Girls & U13 Boys		Shot	U15G - Sen W
	80m Hurdles	U17 Women & U15 Boys		High Jump#	U11 & U13 girls
	100m Hurdles	Sen/U20 Women & U17 Men		Hammer#	U13 upward
	110m Hurdles	Sen/U20 Men	11.15	Long Jump	U15B - Sen M pool 1
11.00	800m	All ages		Long Jump	U13 Boys
11.45	100m	All ages		Shot	U11 & U13 Girls
12.40	300m Hurdles	U17/U15 girls & U15 boys		High Jump	U15G - Sen W
	400m Hurdles	U20/Sen M&W & U17M		Discus#	U13 upward Males
<b>LUNCH</b>			12.00	Long Jump	U11 Girls
13.45	200m	All ages		Long Jump	U15B - Sen M pool 2
14.45	1500m	All ages U13 upwards		Discus#	U13 upward Females
15.05	300m	U15 G, U15 B & U17 Women		<b>LUNCH</b>	
	400m	Sen M & U20/Sen W	13.30	Long Jump	U15 Girls
				Long Jump	U13 Girls Pool 1
				High Jump#	U11 & U13Boys
				Shot	U11 & U13 Boys
				Javelin#	Pool 1
			14.15	Long Jump	U17 to Sen W
				Long Jump	U13 Girls Pool 2
				High Jump#	U15B - Sen M
				Shot	U15B - Sen M
				Javelin#	Pool 2
			15.00	Javelin#	Pool 3
				Long Jump	Extra pool if required

  

2019 Age Groups (UKA rules)	
Age grp	DOB
Under 11	Born after 01/09/08 age 9
Under 13	01/09/2006 - 31/08/2008
Under 15	01/09/2004 - 31/08/2006
Under 17	01/09/2021 - 31/08/2004
Under 20	01/01/1999 - 31/08/2002
Senior	Before 31/12/1999
Masters	35+ on day of comp

# for more technical events - entries in younger age groups are restricted to athletes who have had training in the event.

See entry info for more details.

Three trials in all field events - except HJ

Please note that U11/U13 athletes can compete in a maximum of 3 events, U15 & older 4 events. Guests 3 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. FVF & KO **Guests** £3 per event (subject to available space)

**Closing date Thursday 15th August 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 4th Sept - this will need to be communicated to your club by email prior to 25th 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)