



**ABERDEEN AAC SUMMER OPEN GRADED**



**Aberdeen Sports Village, Aberdeen**

**Sunday 28<sup>th</sup> July 2019**

**Entry fee: £3 for one event, £6 for two or more**

**Entries close 21<sup>th</sup> July 2019**

**Entry is online via Entry Central:**

<https://www.entrycentral.com/Aberdeen-Summer-Open-2019>

<b><u>TRACK</u></b>		<b><u>FIELD</u></b>	
12:00 100m	Open U11 – Senior	12:00 Javelin	Open U17 – Senior
		Long Jump	Open U11 – U13 Boys
13:00 800m	Open U17 – Senior	13:00 Long Jump	Open U17 – Senior ***
13:20 1200m	Open U11 Boys & Girls U13 Girls	Shot Put	Open U15 Girls & Boys
13:40 1500m	Open U13 Boys U15 Boys & Girls		
14:00 200m	Open U11 – Senior	14:00 Shot Put	Open U17 – Senior
		Long Jump	Open U15 Girls & Boys
15:00 5000m	Open U20 – Senior	15:00 Discus	Open U17 – Senior ***
		Long Jump	Open U11 – U13 Girls

**Declarations for each event will close 30 minutes before its scheduled start time.**

**NOTES**

- 1 All heats will be run fastest to slowest.
- 2 100m, 200m, 800m Discus and Long Jump will be AAAC Championship events.
- 3 Open 100m and 13:00 Long Jump (rounds 1-4) will be part of the AAAC Masters Championship
- 4 \*\*\* events will be 6 trials with all other Open field events being 4 trials.
- 5 Unless otherwise stated events will be mixed, male and female.
- 6 U11-U15 Athletes can only enter a maximum of 3 events