



OPEN GRADED TRACK & FIELD MEETING

Aberdeen Sports Village

WEDNESDAY 15TH MAY 2019

HELD UNDER SAL PERMIT

Free Entry

Note - Athletes will have to pay for entry to Aberdeen Sports Village

All entries must be made online at Entry Central

Entries close Wednesday 8th May 2019

OPEN GRADED EVENTS

Start Time	Event	Age Group
6:30pm	Shot Put	U15, U17, Senior * Note 1
6:30pm	100m	U11, U13, U15 – Boys and Girls
7:15pm	Discus	U11, U13 – Girls only
7:15pm	300/400m Hurdles	U15, U17, Senior * Note 2

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

Note 1 - Shot put is a Championship scoring event for AAAC U17 and Senior athletes.

Note 2 – 300/400m Hurdles is a Championship scoring event for AAAC Senior athletes.

- Declaration cut off times will be strictly enforced.
- Field event athletes should be warmed up with run ups marked out and all practice throws/jumps completed before the event start time.
- All track events will be graded based on time and are open to age groups as stated above.

