



OPEN GRADED TRACK & FIELD MEETING

Aberdeen Sports Village

WEDNESDAY 17th APRIL 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 10th April 2019

OPEN GRADED EVENTS

Start Time	Event	Age Group
6:30pm	High Jump (indoors)	U11, U13 – Boys only
6:30pm	200m	U11, U13, U15 – Boys and Girls
7:15pm	Triple Jump	U15, U17, Senior ^{*Note 1}
7:15pm	3000m	U15, Senior ^{*Note 2}

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

Note 1 - Triple Jump is a Championship scoring event for AAAC U17 and Senior athletes.

Note 2 - 3000m is a Championship scoring event for AAAC U17 and 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.

