



OPEN GRADED TRACK & FIELD MEETING

Aberdeen Sports Village

WEDNESDAY 21st August 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 14th August 2019

OPEN GRADED EVENTS

Start Time	Event	Age Group
6.30pm	Javelin	U11-U15 – Boys only
6.30pm	100m	U11-U15 – Boys & Girls
7:15pm	Hammer	U17 - Senior * Note 1
7.15pm	Steeple Chase Distances to be advised	U17 - Senior * Note 2

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

Note 1 – Hammer is a Championship scoring event for AAAC U17 and Senior athletes.

Note 2 - Steeple chase events will be organised as taster events. They will be over short distances and results will not be for Power of 10

- 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.

