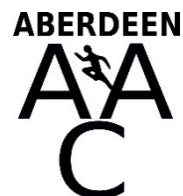


ABERDEEN AAC CHAMPIONSHIPS



Aberdeen Sports Village, Aberdeen
Saturday, 25th August, 2019

Entry fee - £3 for one event, £6 for two or more.

All entries must be made online at Entry Central.

Entries close Sunday 18th August 2019

TRACK

FIELD

| | | | | | |
|------|------------|----------------------|------|-----------|--------------------|
| 1.00 | 100m Heats | U11 Girls | 1.00 | Shot | U11 Boys + Masters |
| | 100m Heats | U13 Girls | | Long Jump | U13 Boys |
| | 100m Heats | U15 Girls | | High Jump | U15 Boys |
| 1.30 | 100m | U17 & Senior Women | | | |
| 1.50 | 100m Heats | U11 Boys | 1.50 | Long Jump | U11 Girls |
| | 100m Heats | U13 Boys | | Long Jump | U13 Girls |
| | 100m Heats | U15 Boys | | High Jump | U15 Girls |
| 2.20 | 100m | U17 & Senior Men | | | |
| 2.40 | 800m | U11 Girls | 2.40 | Long Jump | U11 Boys |
| | 800m | U13 Girls | | Shot | U13 Boys |
| | 800m | U15 Girls | | Javelin | U15 Boys |
| 3.30 | 800m/1500m | Masters Women & Men | | | |
| | 800m | U11 Boys | 3.40 | Shot | U11 Girls |
| | 800m | U13 Boys | | Shot | U13 Girls |
| | 800m | U15 Boys | | Javelin | U15 Girls |
| 4.00 | 300m | U17 Women *** | | | |
| | 400m | Senior Women | | | |
| | | U17 & Senior Men *** | | | |

4.15 **Presentation of medals to all U11, U13 and U15 athletes who have completed all of their 4 events.**

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

NOTES

- 1 Athletes should wear coloured vests if possible, not club vests.
- 2 U11-U15 athletes to register by 12.30. U17 and senior athletes to register 30 minutes before their first event.
- 3 U15 events are scored 10, 8, 7, 6, 5, 4, 3, 2 and 1 to all finishers. All 4 events count.
- 4 Throws and long jump will be limited to three trials.
- 5 Awards to top three in U11-U15 championships will be made at club Annual General Meeting.
- 6 1:00pm Masters Shot (4 trials) is an AAAC Masters Championship event for AAAC members only
- 7 3:30pm Masters 800m/1500m is an AAAC Masters Championship event for AAAC members only
- 8 *** These are AAAC Championship scoring events for AAAC U17 and Senior Athletes