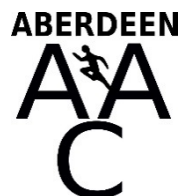




ABERDEEN AAC CHAMPIONSHIPS



Aberdeen Sports Village, Aberdeen

Sunday, 2nd September, 2017

Entry fee: £3 per event or £6 for any number of events

Enter on the day

TRACK

12.40	300mH	U17 Women
	400mH	Senior Women
	400mH	U17 Men
	400mH	Senior Men
1.00	100m Heats	U11 Girls
	100m Heats	U13 Girls
	100m Heats	U15 Girls
1.30	100m	U17 & Senior Women
1.50	100m Heats	U11 Boys
	100m Heats	U13 Boys
	100m Heats	U15 Boys
2.20	100m	U17 & Senior Men
2.40	800m	U11 Girls
	800m	U13 Girls
	800m	U15 Girls
3.30	800m	U11 Boys
	800m	U13 Boys
	800m	U15 Boys
4.00	800m	U17 & Senior Women
	800m	U17 & Senior Men

FIELD

1.00	Shot	U11 Boys
	Long Jump	U13 Boys
	High Jump	U15 Boys
1.50	Long Jump	U11 Girls
	Long Jump	U13 Girls
	High Jump	U15 Girls
2.40	Long Jump	U11 Boys
	Shot	U13 Boys
	Javelin	U15 Boys
3.40	Shot	U11 Girls
	Shot	U13 Girls
	Javelin	U15 Girls

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

NOTES

- 1 Athletes should wear coloured vests if possible, not club vests.
- 2 U15 athletes to register by 12.40. U17 and senior athletes to register 30 minutes before their first event.
- 3 300mH and 400mH **are** part of AAAC U17 and Senior track championships.
- 4 100m **is not** part of AAAC U17 and Senior track championships.
- 5 800m **is not** part of AAAC U17 and Senior track championships.
- 6 U11 -U15 events are scored 10, 8, 7, 6, 5, 4, 3, 2 and 1 to all finishers. All 4 events count. 100m will be scored on times across all heats.
- 7 Throws and long jump will be limited to three trials.
- 8 Awards to top three in U11-U15 championships will be made at club Annual General Meeting.