



OPEN GRADED TRACK & FIELD MEETING

Aberdeen Sports Village

WEDNESDAY 18TH MAY 2022

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 Friday 13TH May 2022

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	300m/400m	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.

6 throws for AAAC members, 4 throws for non AAAC members unless time permits.

Note 2 – 300m is a Championship scoring event for AAAC U17 Women.

400m is a Championship scoring event for AAAC U17 Men, Senior Women and Senior Men.

- 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 athletes will get 3 throws in the girls discus.
- All track events will be graded based on time and are open to age groups as stated above.

