



SPRING OPEN / CLUB TRIALS

ABERDEEN SPORTS VILLAGE

SATURDAY 4th APRIL 2020



Entry fee - £3 for first event, £6.00 for two or more.

All entries must be made online at Entry Central.

Entries close 29th March 2020

<u>Track</u>			<u>Field</u>		
1.00 pm	70H	U13 Girls	1.00 pm	Javelin	U17 Men/Men ***
	75H	U15 Girls		Shot Put	U11 Girls/U11 Boys/U13 Girls
	75H	U13 Boys			
	80H	U17 Women			
	80H	U15 Boys			
	100H	Women			
	100H	U17 Men			
	110H	U20 Men/Men			
1.45 pm	1500m	U17, U20 & Senior Men ***	1.45pm	Long Jump	U13 Boys/U15 Girls
	1500m	U17, U20 and Senior Women ***		High Jump	U13 Girls/U15 Boys
2.00pm	60m	U11-U15 Boys and Girls seeded			
	60m	U17, U20 & Senior Women ***			
	60m	U17, U20 & Senior Men ***			
2.40 pm	300m	U15 Boys	2.40pm	Javelin	U13 Boys
	300m	U15 Girls		Javelin	U17 Women/Women***
	300m	U17, U20 and Senior Women ***		Long Jump	U11 Girls/U11 Boys
	300m	U17, U20 and Senior Men ***			
3.30 pm	800m	U11 Girls	3.30pm	Shot Put	U15 Girls/U15 Boys
	800m	U13 Girls		Long Jump	U17 Women/Women
	800m	U15 Girls			U17 Men/Men
	800m	U11 Boys			
	800m	U13 Boys			
	800m	U15 Boys			

DECLARATIONS FOR EACH EVENT CLOSE 30 MINUTES BEFORE ITS SCHEDULED START TIME

Notes:

- 1) Field events: Throws and long jump will be limited to 3 trials for junior athletes, and 4 trials for senior athletes. If time permits, and at the discretion of the Field Referee, the number of trials may be increased
- 2) .*** Denotes AAAC points scoring Championship events. Field events will be 6 trials for AAAC members
- 3) U11 to U15 athletes can only enter a maximum of 3 events.
- 4) Athletes are reminded that they must be ready to **compete** at the time stated. All their warm ups/practice must be completed prior to that time.