

CUMBERNAULD AMATEUR ATHLETIC CLUB CLUB CHAMPIONSHIPS

The Club Championships will be held on **Sunday 4th September** at Grangemouth Stadium.

This is later than usual but we are usually very lucky with the weather so fingers crossed for another good day.

Each athlete should **pick three events**, either **two field** and **one track** or **two track** and **one field**. The times and distances are then converted into points using the Thistle Award Scheme. The **entry fee is £3.00** and that includes bus fare.

The bus will leave the Broadwood Stadium Car park at **8.30am for a 10.00am start** and **return after 4.00pm**.

Track Events: Hurdles, 60m (under11's) 100m, 150m (under 11's) 200m, 300m, 400m, 600m (under11's), 800m, 1200m, 1500m, 3000m.

Field Events: Cricket ball throw (under11's only), long jump, high jump, triple jump, shot putt, discus, javelin, hammer.

Once the track and field events are completed, parents make sure you bring your trainers, we will have parent's races and parent and child events 😊

Parental help would be much appreciated on the day, no experience required and a light lunch will be supplied to those helping.

Please complete the lower half of this form and return as soon as possible but no later than **Thursday 1st September**.

Name:

Age as at 31.8.14: Age group Entered :

Emergency Contact Name & No:

Event 1: P.B:

Event 2: P.B:

Event 3: P.B:

I..... give permission for to compete in the Club Championships.

I will/ will not need a seat on the bus. Entry fee paid:

I will/will not be able to help out on 4th September.

Signed Parent or Guardian: