

Lanarkshire Amateur Athletics Association (LAAA)

Track & Field Championships

Crownpoint, Glasgow, 11th September 2022 10:30am

Convener: Joanne Harkins (Sec), 51 Barlanark Place, Glasgow, G33 4PS.

All Timings are approximate and can be subject to change.

Track Events:

T1	Senior Men	3000m	£3 entry	10:30	Some events may merge
T2	Senior Women	3000m	£3 entry	10:30	
T3	U17 Men	400m	£2 entry	10:45	Some events may merge
T4	Senior Men	400m	£3 entry	10:50	
T5	Senior Women	400m	£3 entry	10:55	
T6	Senior Men	100m	£3 entry	11:00	Some events may merge
T7	Senior Women	100m	£3 entry	11:05	
T8	U17 Men	100m	£2 entry	11:10	
T9	U17 Women	100m	£2 entry	11:20	
T10	U15 Boys	100m	£2 entry	11:35	
T11	U15 Girls	100m	£2 entry	11:50	
T12	U13 Boys	100m	£2 entry	12:25	
T13	U13 Girls	100m	£2 entry	12:40	
T14.	U11 Boys	80m	£2 entry	13:10	
T15	U11 Girls	80m	£2 entry	13:30	
T16	Senior Men	800m	£3 entry	13:50	Some events may merge
T17	U17 Men	800m	£3 entry	13:55	
T18	Senior Women	800m	£2 entry	14:00	
T19	U17 Women	800m	£2 entry	14:00	
T20	U15 Boys	800m	£2 entry	14:05	
T21	U15 Girls	800m	£2 entry	14:10	
T22	U13 Boys	800m	£2 entry	14:20	
T23	U13 Girls	800m	£2 entry	14:30	
T24	U11 Boys	600m	£2 entry	14:40	
T25	U11 Girls	600m	£2 entry	14:50	
T26	Senior Men	200m	£3 entry	15:00	Some events may merge
T27	Senior Women	200m	£3 entry	15:05	
T28	U17 Men	200m	£2 entry	15:10	
T29	U17 Women	200m	£2 entry	15:20	
T30	U15 Boys	200m	£2 entry	15:30	

T31	U15 Girls	200m	£2 entry	15:40	
T32	U13 Boys	200m	£2 entry	16:15	
T33	U13 Girls	200m	£2 entry	16:25	
T34	Senior Men	1500m	£3 entry	16:45	Some events may merge
T35	U17 Men	1500m	£3 entry		
T36	U15 Boys	1500m	£2 entry		
T37	Senior Women	1500m	£2 entry	16:55	Some events may merge
T38	U17 Women	1500m	£2 entry		
T39	U15 Girls	1500m	£2 entry		

Field Events:

F1	U11 Boys	Long Jump	£2 entry	10:30
F2	U11 Girls		£2 entry	
F3	U13 Boys		£2 entry	
F4	U13 Girls		£2 entry	
F5	U15 Boys		£2 entry	
F6	U15 Girls		£2 entry	
F7	U17 Men		£2 entry	
F8	U17 Women		£2 entry	
F9	Senior Men		£3 entry	
F10	Senior Women		£3 entry	
F11	U13 Boys	Shot Putt	£2 entry	10:30
F12	U13 Girls		£2 entry	
F13	U15 Boys		£2 entry	
F14	U15 Girls		£2 entry	
F15	U17 Men		£2 entry	
F16	U17 Women		£2 entry	
F17	Senior Men		£3 entry	
F18	Senior Women		£3 entry	
F19	U13 Boys	Javelin	£2 entry	13:00
F20	U13 Girls		£2 entry	
F21	U15 Boys		£2 entry	
F22	U15 Girls		£2 entry	
F23	U17 Men		£2 entry	
F24	U17 Women		£2 entry	
F25	Senior Men		£3 entry	
F26	Senior Women		£3 entry	

All Field events will start with the youngest age group at the time indicated and will progress upwards through the age groups. Older age groups may merge.

Only 1st Claim members of Lanarkshire clubs can enter.

Entry is by Club group entry only, individual entries will not be accepted. All entries must be received by 28th August at the latest. No entries will be taken after this date.

Age Groups/Qualification

Under 11: Born between 10/09/2011 and 31/08/2013.

Under 13: Born between 01/09/2009 and 31/08/2011.

Under 15: Born between 01/09/2007 and 31/08/2009.

Under 17: Born between 01/09/2005 and 31/08/2007.

Senior: Born before 31/08/2005.

Entry Restrictions

U11's

- No athlete under the age of 9 years on the day of competition is allowed to enter.
- U11's may compete in a maximum of 2 events on the day of an athletics meeting.
- No athlete in this age group is allowed to run in any track event in excess of 600m.
- No athlete in this age group is allowed to compete in any race between 100m and 400m inclusive.

In accordance with UKA Rules for Competition, Rule 141 S1, S2

U13's

- Other than when competing in a combined event U13's may compete in a maximum of 3 events on the day of an athletics meeting.
- No athlete in this age group is allowed to run in any track event in excess of 1500m.
- No athlete in this age group is allowed to compete in any race at 300m & 400m, nor in more than one race between 600m and 1500m inclusive on the same day (24hr Period).

U15's

- Other than when competing in a combined event U15's may compete in a maximum of 3 events on the day of an athletics meeting.
- No athlete in this age group is allowed to run in any track event in excess of 3000m.
- No athlete in this age group is allowed to run in more than one different event between 600m and 3000m inclusive on the same day (24hr period).

U17's

- Other than when competing in a combined event U17's may compete in a maximum of 3 events on the day of an athletics meeting.
- No athlete in this age group is allowed to run in any track event in excess of 5000m.

Lanarkshire AAA reserve the right to review and amend Terms & Conditions without prior notice or consultation.