

CORSTORPHINE AAC CLUB CHAMPIONSHIPS AND BBQ/PICNIC 2019

SATURDAY 25th MAY 2019

To All Club Members,

The Club Championships will be held on Saturday 25th May 2019 at Saughton Sports Enclosure and **AS WITH THE LAST FEW YEARS IT WILL BE FOLLOWED BY THE ANNUAL CLUB BBQ/PICNIC (FOOD PROVIDED BY THE CLUB) WITH ALL CLUB MEMBERS, FAMILY AND FRIENDS INVITED TO COME ALONG AND JOIN IN THE FUN.**

You must register by 10.00am on 25th May and the first events will start at 10.30am. You should use this time to do any field event practice and warm-ups for any early track events as there will be no time at each of your field events to practice before the events starts. The competition consists of four events for each age group and these are listed in the table below. **ALL FIELD EVENTS WILL BE RESTRICTED TO TWO ATTEMPTS AT EACH ROUND.**

A rough schedule for the day's events is:

10.00am - Club Championships

12.45pm - Relays, Potted Sports, Treasure Hunt, Tug O' War for all the family

1.30pm - BBQ/Picnic (food provided by the club free of charge)

2.00pm - Presentation of Club Championship trophies followed by Football and Rounders

The Championships will be free to enter and the BBQ/Picnic food will be free to all members, family and friends. Any members of the club or their families who are willing to help out at the championships for various duties, please give your name to Bryan Clark, David Arnott or Chris Peggie by Thursday 23rd May. **IF YOU ARE FIT ENOUGH TO COMPETE THOUGH WE WOULD ASK THAT YOU DO THAT RATHER THAN ASSISTING AS AN OFFICIAL.**

THE SUCCESS OF THIS EVENT DEPENDS ON EVERYONE'S ATTENDANCE AND SUPPORT.

Scoring for Corstorphine AAC Club Championships:

The scores will be calculated on the position of each athlete in each event. The winner in each age group will be the athlete with the lowest score from all four events. Example: If you finish 1st, 3rd, 5th and 6th in your events, your score will be (1+3+5+6) = 15 points. One penalty point more than the total number of competitors in that competition group will be awarded to athletes who fail any event (e.g. you do not finish in an event, and there were 10 athletes in total, you would have 11 pts). If more than one did not finish that event, each would score 11 points.

EVENTS: (Not in time order, this will be displayed on the day)

U11 Girls	100m	600m	Long Jump	Shot Putt
U11 Boys	100m	600m	Long Jump	Shot Putt
U13 Girls	100m	800m	High Jump	Shot Putt
U13 Boys	100m	800m	High Jump	Javelin
U15 Girls	100m	800m	High Jump	Shot Putt
U15 Boys	100m	800m	High Jump	Shot Putt
U17/U20 Men	200m	1 mile	Long Jump	Javelin
Sen Men	200m	1 mile	Long Jump	Shot Putt
Vet Men	200m	1 mile	Long Jump	Javelin
U17/U20 Women	200m	1 mile	Long Jump	Javelin
Sen/Vet Women	200m	1 mile	Long Jump	Javelin

ALL THOSE WHO WISH TO TAKE PART IN THE CHAMPIONSHIPS, PLEASE COMPLETE AND RETURN THE SLIP BELOW TO YOUR COACH, BRYAN CLARK, DAVID ARNOTT OR CHRIS PEGGIE BY **THURSDAY 23rd MAY**. NUMBERS SHOULD BE COLLECTED ON THE DAY OF THE CHAMPIONSHIPS.

CORSTORPHINE AAC - 2019 CLUB CHAMPIONSHIPS

I / We wish to take part in the Club Championships on Saturday 25th May 2019:

Name 1 Age Group

Name 2 Age Group

I would like to help with some duties at the Club Championships:

Name 1 Name 2