



LASSWADE ATHLETICS CLUB

Club Competition

Thursday 1st September 2022 from 6.00pm to 9.00pm

At Dalkeith Campus Track

Athlete Name:		Date of Birth:	
Age:		Age Group:	
Parent/Carer Contact Email:			

Entries close Friday 26th August 2022, 5pm.

Please return entries online to: competitions@lasswade-ac.org.uk

- Athletes **MUST** be members of Lasswade AC and usually train on Mondays and/or Thursdays.
- U11s must be 9 on or before 1st September 2022.
- Athletes may compete in **3 events** – i.e. 2 track and 1 field or 1 track and 2 field events **plus** the relay.
- U13s to U17s can enter either an 800m or 1500m.
- The mixed 4x100m relay should ideally include 1xU11, 1xU13, 1xU15, 1xU17 and will be put together by the coaches.
- Medals will be awarded to all 1st place athletes in each event.
- There will be an award for the highest scoring girl and boy in each age group (taken from their best 3 events (excluding the relay))

Please tick the events you wish to enter.

	Hurdles	75m (U11) 100m	150m (U11) 200m	600m (U11) 800m	1500m	Javelin	Long Jump	High Jump	Shot Putt	4x100m Mixed Relay
U11	-X-				-X-					
U13										
U15										
U17										

Age Groups

U11: Date of Birth from 01 Sept 2011 – 9 on the day of the event

U13: Date of Birth from 01 Sept 2009 to 31 August 2011

U15: Date of Birth from 01 Sept to 2007 to 31 August 2009

U17: Date of Birth from 01 Sept to 2005 to 31 August 2007



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Provisional Timetable

Please note this timetable may differ slightly on the day depending on entries for each event.

Track				Field			
18:00	100m Hurdles	U17	Boys	18:00	Shot Putt	U11	Boys and Girls
18:05	80m Hurdles	U15	Boys U17 Girls		Javelin	U13	Boys and Girls
18:10	75m Hurdles	U15	Girls U13 Boys		Long Jump	U15	Boys and Girls
18:15	70m Hurdles	U13	Girls		High Jump	U17	Boys and Girls
18:20	75m	U11	Girls				
18:25	75m	U11	Boys				
18:30	100m	U13	Girls				
18:35	100m	U13	Boys				
18:40	100m	U15	Girls	18:40	Shot Putt	U13	Boys and Girls
18:45	100m	U15	Boys		Javelin	U15	Boys and Girls
18:50	100m	U17	Girls		Long Jump	U17	Boys and Girls
18:55	100m	U17	Boys		High Jump	U11	Boys and Girls
19:00	600m	U11	Boys and Girls				
19:05	800m	U13	Boys and Girls				
19:10	800m	U15	Boys and Girls				
19:15	800m	U17	Boys and Girls				
19:20	110m Invitational Handicap Sprint			19:20	Shot Putt	U15	Boys and Girls
19:30	150m	U11	Girls		Javelin	U17	Boys and Girls
19:35	150m	U11	Boys		Long Jump	U11	Boys and Girls
19:40	200m	U13	Girls		High Jump	U13	Boys and Girls
19:45	200m	U13	Boys				
19:50	200m	U15	Girls				
19:55	200m	U15	Boys				
20:00	200m	U17	Girls	20:00	Shot Putt	U17	Boys and Girls
20:05	200m	U17	Boys		Turbo Javelin	U11	Boys and Girls
20:10	1500m	U13	Boys and Girls		Long Jump	U13	Boys and Girls
20:20	1500m	U15	Boys and Girls		High Jump	U15	Boys and Girls
20:30	1500m	U17	Boys and Girls				
20:40	4x100m Relay						
20:45	Presentation of Awards						

- Athletes can wear either their own kit or Lasswade AC kit.
- If you are competing in 2 events at the same time please report to both and officials will do their best to allow you to jump or throw before or after your track event.
- Athletes should use the warm up area on the grass outside the track and only go inside the track when competing.