



PAAC CLUB CHAMPIONSHIP
Thursday 19th, Friday 20th
and Saturday 21st April 2018



WELCOME

A warm welcome to everyone and good luck to all athletes participating in the Club Championships this coming weekend. We are very proud to host a full complement of events across Track & Field including races for our club Racerunning section. We also have a handicap event for PAACE which should have an exciting finish on the track.

For many competing this weekend it will be a first taste of competition, so have fun and enjoy the various different events you take part in.

A huge thank you to local company Cooper Software, the main sponsor of this event, who have helped us with event costs. We are delighted to have their continued support.

It would not be possible to hold this event without all our volunteers who work tirelessly in the background to make everything run smoothly. Volunteers undertake everything from managing event entries, checking equipment and organising athlete declarations to working in the café and raking the sand pits.

We are also extremely grateful to all the officials who have turned out today to support the event and of course to all our coaches who devote so much of their time to preparing the athletes.

To athletes, parents, coaches and supporters...have a great weekend of competition.

Nicola Moriarty
Club Champs Organiser

IMPORTANT ATHLETE INFORMATION

Declarations

THURSDAY (U13 and U15 Long jump)

- Declarations will open at 5pm
- You must report to the Declaration Area (in the Indoor Centre) at least 30min before long jump when you will be issued with competition numbers. **YOU MUST KEEP YOUR NUMBERS AND USE THEM AGAIN ON FRIDAY/SATURDAY**

FRIDAY

- Declarations will open at 4pm
- You must report to the Declaration Area (in the Indoor Centre) at least one hour before your first event when you will be issued with competition numbers. **YOU MUST KEEP YOUR NUMBERS AND USE THEM AGAIN ON SATURDAY**
- Declare all your events for Friday at the same time.
- **Declarations will close at 6:30pm.**
- Meeting Manager will make final decisions on late declarations.

SATURDAY

- Declarations will open at 10:30am.
- You must report to the Declaration Area at least one hour before your first event.
- Declare all your events for Saturday at the same time.
- **Declarations will close at 12:30pm.**
- Meeting Manager will make final decisions on late declarations.

Track

- Track event athletes will go to the call room (assembly area) 10 min before the race. This will be situated in the Indoor Centre.
- All athletes will go to the assembly area ready to race.
- Progression from Heats to Finals will be as follows:
 - Two heats – first two in each heat and the two fastest losers
 - Three heats – first in each heat and the three fastest losers
 - Guest athletes will not progress to finals
- For athletes at a field event, notify the call room before your field event if you will be going straight to the start line for your race. They will take a note of this and notify the track official.
- If you have any disputes on finals please raise this with the Meeting Manager.
- Track events take precedence over field events

Field

- Field event athletes will assemble at the event areas at the time stated on the timetable.
- Three trials per event, except in the following cases:
 - High Jump and Pole Vault where usually rules apply.
- Please do not obstruct competitions already in progress
- Do not take practice throws or jumps unless told to do so by an event official.
- If your Field event is taking place at the same time as your Track event, the Track event must take precedence.
- If you have reported to the Field event official before going to your Track Event, the official will allow you to return to the field event and reenter **at the height, or round of competition reached at that point in time** (you may therefore have missed a jump/height).

Scoring

- The Scotstat scoring system will be used to award points to each performance
- Where an athlete competes in a heat and final for an event, the points for the quickest time from both races will be used
- U11s – the scores from all five events will be used
- U13, U15 – the scores from best four events (a run, jump and throw plus any fourth event) will be used
- U17+ - the scores from best four events will be used
- In the event of a tie on overall points, the athlete with the most points for a single event will be the winner

SAFETY

**Do not impede any other athlete during competition.
Take care before stepping on to the track. Look both ways.
Never walk across the grass area in the centre of the arena.
Throwing events will be taking place throughout the day.
Have a safe, enjoyable day.**