

Track and Field Championships
John Cummings stadium, Carlisle
Friday 18th May 2018

Time	Event	
10am	600m heats	P6 Boys
10.15am	600m heats	P6 Girls
10.30am	600m Heats	P7 Boys
10.45am	600m Heats	P7 Girls
11am	100m Heats	P6 Boys
11.15am	100m Heats	P6 Girls
11.30am	100m Heats	P7 Boys
11.45am	100m Heats	P7 Girls
1pm	600m Final	P6 Boys
1.10pm	600m Final	P6 Girls
1.20pm	600m Final	P7 Boys
1.30pm	600m Final	P7 Girls

Time	Event	
10am	Turbo Javelin	P7 Boys
10.15am	Turbo Javelin	P7 Girls
10.30am	Turbo Javelin	P6 Boys
10.45am	Turbo Javelin	P6 Girls
11am	Long Jump	P7 Boys
11.15am	Long Jump	P7 Girls
11.30am	Long Jump	P6 Boys
11.45am	Long Jump	P6 Girls
1.40pm	100m Final	P6 Boys
1.45pm	100m Final	P6 girls
1.50pm	100m Final	P7 Boys
1.55pm	100m Final	P7 Girls

12pm – p6 Boys Relays

12.15 – P6 girls Relays

12.30 – P7 Boys Relays

12.45 – P7 Girls Relays

All relays will be run as straight finals; the 3 fastest times will win medals.

IMPORTANT INFORMATION

- All times are approximate and subject to change and all team managers and athletes should listen to the announcements made during the morning.
- Schools should have 2 volunteers available on the day if required by the organisers.
- **The maximum number of athletes is 3 per track event and 3 per field event.**
- Athletes should report for their event 15mins prior to its timetabled time unless advised differently on the day.
- Athletes can do 1 track event and one field event plus the relay.
- Athletes **must not** take part in both the 100m and 600m.
- Athletes **must not** take part in both Javelin and Long jump.
- Each school can have one relay team per event.
- **Numbers should be worn on the front of the athletes t-shirts/ vest etc.**
- Athletes should run in lanes during the 100m.
- Any athlete judged to have **impeded** another athlete by crossing into another lane will be disqualified inline with UKA rule 118
- Only disputes raised by the team manager will be dealt with by the track referee, no discussion will be entered into with parents, athletes or other volunteers with the schools regarding disputes.
- The 600m start will be from a curved line at the 200m start of the track.
- Spikes can be worn so long as they are not longer than 6mm.
- No studded shoes should be worn on the track.
- Whilst there are race in progress, no athletes or supporters should be on the track.
- It is the team manager's responsibility to ensure all athletes are at their event on time.
- **All entries should be returned to Shona Girdwood before Friday 11th May 2018.**
- Please supply an e-mail address for the team manager as this will speed up the communication process.

Note: Photography and video recording is strictly prohibited at this event to comply with Child protection rules

The South Lanarkshire final will be held on Wednesday 20th June at the John Cumming Stadium