

Grangemouth Stadium & National Indoor Athletics Academy
OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2009

(Under UK Rules and SAL Permit Event)

OFFICIAL ENTRY FORM

Please complete a separate form for each event entered

Name: _____ SAL Membership Number: _____

Address: _____

Postcode: _____

Date of Meeting: _____

Date of Birth: _____ Age: _____

Age Group: _____

Club: _____

I hereby agree to the Conditions and Regulations of the Outdoor Open Graded Athletics Meetings and request that you enter me for:

			For Official Use		
Event	Personal Best	Year	Best in Last 12 months	No.	Race

I hereby declare that I am an amateur to the rules of UK Athletics and the above particulars are complete and correct in every detail.

Signature: _____ Date: _____

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Information and Application Form

Also available online at www.falkirk.gov.uk

01324 504590/8

Wednesdays (6.45pm)

6th May | 3rd June | 8th July | 5th August | 2nd September



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TRACK	6th May	3rd June	8th July	5th August	2nd September
6.45 pm	Sprint Hurdles	800m (U11s)	Sprint Hurdles	800m (U11s)	100m
7.00 pm	100m	200m	100m (No.1)	200m	300m/400m
7.45 pm	300m/400m	800m	300m/400m	800m	Sprint Hurdles
8.00 pm	150m		100m (No.2)		200m
8.30 pm	1500m	3000m	1500m	3000m	1500m

Field	6th May	3rd June	8th July	5th August	2nd September
6.45 pm	Pole Vault	Hammer	Pole Vault	Hammer	Pole Vault
6.45 pm	Shot Putt	High Jump (1m 55+)	Javelin	High Jump (1m 55+)	Shot Putt
6.45 pm	Long Jump (U11s)	Triple Jump	Long Jump (U11s)	Triple Jump	Long Jump (U11s)
7.00 pm					
7.45 pm	Javelin	High Jump (1m 55+)	Shot Putt	High Jump (1m 55+)	Javelin
7.45 pm	Long Jump (all others)	Discus	Long Jump (all others)	Discus	Long Jump (all others)

The above programme may include or be supplemented by additional Falkirk Council athletics events.

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NOTES

- The meetings are open to male and female athletes in age groups under 13 to veteran. There are separate events for under 11s, as per the Entry Form for which athletes **MUST** be at least 9 years of age on the day of competition.
- All entrants must be amateurs according to UK Athletics Rules for Competition.
- **ENTRIES** must be made on an Official Outdoor Open Graded Athletics form and be accompanied by the correct fee of £2.00 per event. Registration will open at 5.45pm. A separate entry form **must** be completed for each event entered.
- **DECLARATIONS** will close 30 minutes before published starting time of the event.
- Sprint Hurdles: age groups may be combined in the case of low entries but appropriate hurdle specifications for each age group will be used.
- A heat for wheelchair athletes can be provided in all appropriate events if requested.
- Requests for events not on the programme will be considered provided that TWO weeks notice is given and official's availability is confirmed.
- The summer programme may include or be supplemented by additional Falkirk Council athletics events.

For further information contact

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