

## NOTES

1. Track events will be seeded according to performance not age group.
2. The Stewarts Golden League events for Senior and U20 athletes will start at the times shown.
3. The Open events are for male and female athletes in age groups as shown in the Timetable.
4. Age groups are those in which athletes compete during Season 2010. Competitors must be at least 9 years old on the day of the meeting.
5. Start times for all Open events are conditional on the level of entries received but will follow the programme order. The promoters reserve the right to change the start times to either an earlier or a later time with all changes being announced on the day of the event.
6. U11 and U13 athletes may not compete in the 300M, 400M, Triple Jump or any event exceeding 1500M
7. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day
8. U11, U13, U15 and U17 athletes may not compete in more than 3 events on the same day and U20 athletes may not compete in more than 5 events on the same day
9. Registration for the Meeting on 7<sup>th</sup> August will open at 12 noon, close 30 minutes before each event and at 2pm for all events. Registration for the meeting on 25<sup>th</sup> August will open at 6pm. Entries will close 30 minutes before each event and at 7.30pm for all events.
10. **Entry for the Hurdles Events and Steeplechase will be by advance entry only. Entries by email please to Stuart Irvine on garscube86rav2001@yahoo.com or by post to 86 Ravenscliffe Drive, Giffnock, Glasgow G46 7QS NOT LATER THAN ONE WEEK PRIOR TO THE EVENT. Entry Fee payable on the day. Details required: Name, Club, date of birth, age group, anticipated performance. ENTRIES FOR THE HURDLES AND STEPLECHASE WILL NOT BE ACCEPTED ON THE DAY. Organiser will determine whether these events are held based on pre-event entry levels.**
11. All competitors will receive 3 attempts at horizontal jumps & throwing events. For the Stewarts Golden League events only the top 4 males and top 4 females in the will receive a further 3 attempts. Further attempts competitors in the Open events are at the Field Referee's discretion.
12. Entry Fee is £2 per event.
13. Admission charge for adult spectators is £1 per person.

## PROGRAMME AND TIMETABLE – STEWARTS GOLDEN LEAGUE OPEN GRADED SERIES – SUMMER 2010

Saturday 7<sup>th</sup> August 2010 at Linwood Sports Complex

Track	Start time	Age Groups	Field	Start Time
110M Hurdles (Men) 100M Hurdles (Women) Golden League	1pm	Senior, U20 ADVANCE ENTRY ONLY		
1500M Open	1.20pm	All age groups		
100M Golden League	1.50pm	Senior, U20		
		All age groups	Shot Putt Open	1pm
		All age groups	Long Jump Open	1pm
100M Open	2.10pm	U11, U13, U15, U17		
800M Golden League	2.35pm	Senior, U20	High Jump Golden League	2pm
		Senior, U20	Javelin Golden League	2pm
800M Open	2.55pm	U11, U13, U15, U17	High Jump Open	2.30pm
		U11, U13, U15, U17	Javelin Open	2.30pm
400M Golden League	3.20pm	Senior, U20	Discus Golden League	3pm
		Senior, U20	Triple Jump Golden League	3pm
			Discus Open	3.30pm
200M Open	3.35pm	All age groups		

Wednesday 25<sup>th</sup> August 2010 at the John Wright Sports Centre, East Kilbride

Track	Start time	Age Groups	Field	Start Time
400M Hurdles Golden League	7pm	Senior, U20 ADVANCE ENTRY ONLY		
100M Open	7.20pm	All age groups	High Jump Open	7pm
1500M Golden League	7.50pm	Senior, U20	Long Jump Golden League	7pm
1500M Open	8.05pm	U11, U13, U15, U17	Long Jump Open	7.30pm
200M Golden League	8.20pm	Senior, U20	Shot Putt Golden League	8pm
		Senior, U20	Hammer Golden League	8.20pm
200M Open	8.40pm	U11, U13, U15, U17	Shot Putt Open	8.30pm
5000M Golden League	9pm	Senior, U20		