

**Grangemouth Stadium & National Indoor Athletics Academy**  
**OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2010**

*(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:

Event	Personal Best	Year	Best in Last 12 months	For Official Use	
				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: \_\_\_\_\_

**OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2010**

**Grangemouth Sports Stadium**  
**& National Indoor Athletics Academy**



**SUMMER**  
**INFORMATION & APPLICATION**  
**(Under UK Rules and SAL Permit Event)**

**EVENT DAYS**

**Wed. May 5th 2010**

**Wed. June 2nd 2010**

**Wed. July 21st 2010**

**Wed. August 4th 2010**

**Wed. September 1st 2010**



**Falkirk Council**  
*Community Services*

[www.falkirk.gov.uk](http://www.falkirk.gov.uk)



## OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2010

### TRACK

1st September

4th August

21st July

2nd June

\*5th May

	*5th May	2nd June	21st July	4th August	1st September
6.45 pm	Sprint Hurdles	800m (U11s)	Sprint Hurdles	800m (U11s)	100m
7.00 pm	100m	200m	100m	200m	300m/400m
7.45 pm	300m/400m	800m	300m/400m	800m	Sprint Hurdles
8.00 pm	200m*		100m		200m
8.30 pm	1500m	3000m	1500m	3000m	1500m
9.00 pm	3000m*				

### FIELD

\*5th May

2nd June

21st July

4th August

1st September

	*5th May	2nd June	21st July	4th August	1st September
6.45 pm	Pole Vault	Hammer	Pole Vault	Hammer	Pole Vault
6.45 pm	Shot Putt	High Jump (U11s)	Javelin	High Jump (U11s)	Long Jump (U11s)
6.45 pm	Long Jump (U11s)	Triple Jump		Triple Jump	Shot Putt
7.00 pm			Long Jump		
7.45 pm	Javelin	High Jump (all others)	Shot Putt	High Jump (all others)	Javelin
7.45 pm	Long Jump (all others)	Discus		Discus	Long Jump (all others)
7.45 pm	High Jump*				

\* May 5th will run in conjunction with the Regional Trials.

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

## Grangemouth Stadium & National Indoor Athletics Academy OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2010

### NOTES

- The meetings are open to male and female athletes in age groups under 11 to veteran. 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 programme may include or be supplemented by Invitation events and Falkirk Council schools athletics events.

### For further information contact

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