



Falkirk  
**Community  
Trust**

# GRANGEMOUTH STADIUM

**national indoor  
athletics academy  
outdoor open graded  
athletics meetings  
summer 2016**

**ONLINE ENTRIES ONLY**

late entries will not be accepted on the day

**[www.online-entries.co.uk](http://www.online-entries.co.uk)**

# Outdoor Open Graded Athletic Meetings - 2016

Closing date for entries is Monday 12 noon before the meeting. **£3.00 per entry.**



TRACK	4th May	1st June	6th July	3rd August	7th September
6.30pm	100m	Hurdles	100m	Hurdles	100m
7.00pm	-	-	-	-	-
7.30pm	150m	200m	150m	200m	150m
8.00pm	400/300m	800m	400/300m	800m	400/300m
8.30pm	1500m	3000m	1500m	3000m	1500m

FIELD	4th May	1st June	6th July	3rd August	7th September
6.15pm	Long Jump Jnr	High Jump Jnr	Long Jump Jnr	High Jump Jnr	Long Jump Jnr
6.45pm	Pole Vault	Hammer	Pole Vault	Hammer	Pole Vault
7.15pm	Long Jump Snr	Triple Jump / High Jump Snr	Long Jump Snr	Triple Jump / High Jump Snr	Long Jump Snr
7.45pm	Shot Putt	Shot Putt	Shot Putt	Shot Putt	Shot Putt
8.15pm	Javelin	Discus	Javelin	Discus	Javelin

**High Jump minimum height entry 1m**

**Athletes must compete in appropriate age category only**

**Jnr = u11, u13 Snr = u15**

Entry queries: **og\_event@online-entries.co.uk**

All other queries: **grangemouthstadium@falkirkcommunitytrust.org**

Tel: **01324 504590**

Reminder that strictly NO Needle/Pin spikes on the outdoor track.  
Correct spikes are available to purchase at our reception desk.

- **Competitors MUST demonstrate a competence in their event to be allowed to compete**
- **Limited spaces available for each event.**
- **Meetings open to male and female athletes on age groups U11 to Veteran. Athletes MUST be 9 years of age on day of competition. Athletes MUST be amateurs according to British Athletics rules for competition.**
- **Only payment in full secures entry.**
- **Programme may include or be supplemented by additional Falkirk Community Trust athletics events.**
- **Additional car parking available at rear of Grangemouth Stadium**



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