

NOTES

1. Track events will be seeded according to performance not age group.
2. Competition is for male and female athletes from Under 11 to Veterans and age groups are those in which athletes compete during Season 2011. Competitors must be at least 9 years old on the day of the meeting.
3. Start times for all 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 start time with all changes being announced on the day of the event.
4. U11 and U13 athletes may not compete in the 300m, 400M or any event exceeding 1500M.
5. U15 athletes may not compete in any event exceeding 3000M.
6. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day.
7. 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.
8. Registration for all meetings will open at 6pm. Registration for the 3000M/5000M will close promptly at 6.30pm. Registration for other events will close 30 minutes before the event and at 7.30pm for all events.
9. **Entry for the 5000 Metres/3000 Metres races and for the Sprint Hurdles on 29th June 2011 will be by advance entry only. Entries by email please to Stuart Irvine on garscube86rav2001@yahoo.com or by post to 86 Ravenscliffe Drive, Glasgow G46 7QS FOR THE 5000/3000 METRES BY THE MONDAY PRIOR TO THE EVENT DATE and for the SPRINT HURDLES NOT LATER THAN 22nd JUNE. Entry Fee payable on the day. Details required: Name, Club, date of birth, age group, anticipated performance. ENTRIES FOR THE 5000/3000 METRES AND FOR THE SPRINT HURDLES WILL NOT BE ACCEPTED ON THE DAY.**
10. All competitors will receive 3 attempts at horizontal jumps & throwing events. Further attempts are at the Field Referee's discretion.
11. The heats for all 200 metres races will be run from slowest to fastest ie Heat 1 will be for the slowest runners.
12. Entry Fee is £2 per event.
13. The admission charge for adult spectators is £1 per person.

DUNREN OPEN GRADED

SUMMER SERIES 2011
OF TRACK AND FIELD EVENTS
(Under UK Athletics Rules. **scottishathletics** Permit Events)

AT LINWOOD SPORTS COMPLEX
BREDILAND ROAD, LINWOOD

WEDNESDAY 27TH APRIL

WEDNESDAY 25TH MAY

WEDNESDAY 29TH JUNE

WEDNESDAY 27TH JULY

WEDNESDAY 17TH AUGUST

STARTING AT 7PM.

ENTRY FEE: £2 per event

SPECTATORS: Adults £1, Children Free

For Official Use Only Race Number

DUNREN OPEN GRADED ENTRY FORM – PLEASE USE BLOCK CAPITALS AND A SEPARATE FORM FOR EACH EVENT

Name.....

Club or School.....

Sex M/F..... Date of Birth.....

Competitive Age Group (for Season 2011).....
(insert U11, U13, U15, U17, U20, Senior or Vet)

Event.....

scottishathletics RegNoSGA No.....if applic)

Address.....

.....

Telephone Number.....

PERSONAL BESTANTICIPATED PERFORMANCE.....

- I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of my participation in this event.
- I declare that I am an amateur as defined by the Rules of UKA or am a registered Member of SGA and that I am aware of the rules regarding Banned Substances and agree to undergo a test for these if called upon so to do.

Signature.....Date.....

PROGRAMME

Wednesday 27th April 2011

Track	Start time		Field	Start Time
100M	7pm		Long Jump	7pm
400M/300M	7.30pm		Javelin	7pm
800M	7.45pm		Shot Putt	8pm
200M	8.15pm		High Jump	8pm
1500M	8.45pm			

Wednesday 25th May 2011

Track	Start time		Field	Start Time
5000M /3000M	6.40pm	Advance Entry Only		
100M	7pm		High Jump	7pm
1500M	7.30pm		Shot Putt	7pm
200M	8pm		Long Jump	8pm
800M	8.30pm		Discus	8pm

Wednesday 29th June 2011

Track	Start time		Field	Start Time
5000M /3000M	6.40pm	Advance Entry Only		
Sprint Hurdles	7pm	Advance Entry Only	Discus	7pm
800M	7.30pm		High Jump	7pm
100M	8pm		Long Jump	8pm
1500M	8.30pm		Shot Putt	8pm

Wednesday 27th July 2011

Track	Start time		Field	Start Time
5000M /3000M	6.40pm	Advance Entry Only		
1500M	7pm		Shot Putt	7pm
100M	7.30pm		Long Jump	7pm
800M	8pm		High Jump	8pm
200M	8.30pm		Javelin	8pm

Wednesday 17th August 2011

Track	Start time		Field	Start Time
5000M /3000M	6.40pm	Advance Entry Only		
800M	7pm		Discus	7pm
100M	7.30pm		High Jump	7pm
400M/300M	8pm		Long Jump	8pm
1500M	8.15pm		Shot Putt	8pm
200M	8.40pm			