



grangemouth
stadium

**national
indoor
athletics
academy
indoor
open
graded
athletics
meetings
winter
2011/12**

Falkirk
Community
Trust

Indoor Open Graded Athletics Meetings 2011/12

Track	7th December	4th January	1st February	21st March
6.45pm	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
7.00pm	60m Race 1	60m Race 1	60m Race 1	60m Race 1
7.45pm	60m Race 2	60m Race 2	60m Race 2	60m Race 2

Field	7th December	4th January	1st February	21st March
6.45pm	Long Jump (Senior)	Triple Jump (Senior)	Long Jump (Senior)	Triple Jump (Senior)
6.45pm	Shot Putt (Junior)		Shot Putt (Junior)	
7.15pm	High Jump (1m 55-)	High Jump (1m 55-)	High Jump (1m 55-)	High Jump (1m 55-)
8.00pm	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)
8.00pm	High Jump (1m 55+)	High Jump (1m 55+)	High Jump (1m 55+)	High Jump (1m 55+)
8.15pm	Shot Putt (Senior)		Shot Putt (Senior)	

* Race 2 of the 60m is a separate event and requires an additional entry form and payment.

** Pole Vault will take place from 6.45pm on the Tuesday evening immediately prior to each Open Graded Meeting.

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 indoor open graded athletics form and be accompanied by the correct fee of £2.10 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 winter programme may include or be supplemented by additional Falkirk Community Trust athletics events.

For further information please contact:

Stadium Officer,
Grangemouth Stadium &
National Indoor Athletics Academy,
Kersiebank Avenue,
Grangemouth FK3 0EE

Tel: 01324 504598/0
www.falkirkcommunitytrust.org

enquiries: 01324 504590

Official Entry Form

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 Indoor Open Graded Athletics Meetings and request that you enter me for:

Event	Personal Best	Year	Best in Last 12 months	Number	Race
				Official Use	

Signature:

Date:/...../.....

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.

(Under UK Rules and SAL Permit Event)