

Edinburgh AC Open Graded Meeting

Sunday 21st July 2013

Meadowbank Stadium

NOTES

Athletes **MUST** be at least 9 years of age on the day of the competition.

Entries must be on an official Open Graded Meeting form and be accompanied by the correct entry fee of £2.00 for 1 event with each additional event at £1.50 per event.

No Late Entries on the day.

All event times are approximate and subject to change on the day.

Track events will be seeded according to performance, not age group.

Declarations will close 30 minutes prior to the programmed start time with all declarations **closing at 2.45pm.**

This event will run under UK Athletics Rules and is a Scottish athletics permit event
Provisional Timetable (Will be adjusted to suit Entries)

**The Invitation Hammer will be for “The Edinburgh Fling Trophy”
in memory of Coach Alan Bertram.**

TIME	TRACK	FIELD
2pm	Women's 400m Hurdles	Invitation Hammer
2.10	Boys 400M Hurdles	Long Jump (A Pool) / Shot Putt (A Pool)
2.15	Girls 300m Hurdles	Pole vault
2.25	100m Races	
3.00		High Jump / Discus
3.15	1500m Races	Long Jump (B Pool) Shot (B Pool)
3.50	300m Races	
4.15	400m Races	

Organised by Edinburgh Athletic Club

