

OPEN GRADED **ATHLETICS** MEETING 2013

(Under UK Athletics Rules and SAL Permit Event)

OFFICIAL ENTRY FORM

PLEASE COMPLETE A SEPARATE FORM FOR EACH EVENT ENTERED

Name:					
SAL Membership Number:					
Address					
Postcode:			Email:		
Date of Meeting:			Tel:		
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	For Official Use Only:	
				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: _____		



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www.nlleisure.co.uk

INFORMATION & APPLICATION

(under UKA Rules and SAL Permit Event)



EVENT DAYS
SATURDAY 6TH JULY
SATURDAY 24TH AUGUST





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NOTES:

- The meetings are open to male and female athletes in age groups U11- veteran.
- Participants must be 9 on the day of open graded meet (U11) age group.
- All entrants must be amateurs according to the UK athletics Rules for competition
- **Entries** must be made on an official NL Leisure Open graded Athletics Form and be accompanied by the correct fee of £2.00 per event. Registration will be open from 10:00am. A separate entry form **MUST** be completed for each event registered.
- **DECLARATIONS** will close 20mins before published start time of the event up till 13:00
- All event times are approximate and are subject to change on the event day.
- Sprint hurdles: age groups may be combined in the case of low netries 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 evetns not on the programme will be considered provided that TWO weeks notice is given and official's availability is confirmed.
- U11 AND U13 athletes may not compete in any event exceeding 1500m
- U11, U13 and U15 athletes may not compete in more than one race of 600m or over on the same day. For further Information Contact:

Kat Heron
Athletics development
Ravenscraig regional sports facility
1 O'Donnell Way
Motherwell
ML1 2TZ

Tel: 01698 274630 / 07852732184
heronk@nlleisure.co.uk

TRACK EVENTS

Event Day 1	6th July 2013	Event Day 2	24th August 2013
3000m**	11:00am	3000m**	11:00am
100m/80m	11:15am	100m/80m	11:15am
800m	11:50am	Hurdles	11:50am
1500m	12:10pm	800m	12:10pm
200/150m	12:30pm	1500m	12:30pm
		200/150m	12:45pm

FIELD EVENTS

Event Day 1	6th July 2013	Event Day 2	24th August 2013
Long Jump	11:00am	Long Jump	11:00am
Dicus	11:00am	Dicus	11:00am
High Jump 1.10+	12:00 noon	High Jump 1.10+	12:00 noon
Shot Putt	12:00 noon	Javelin	12:00 noon
High Jump 1.50+	13:00pm	High Jump 1.50+	13:00pm

times are approximate and subject to change

**pre register to heronk@nlleisure.co.uk