

# INDOOR OPEN GRADED **ATHLETICS** MEETING 2013

RAVENS CRAIG REGIONAL FACILITY  
(Under UK Athletics Rules and SAL Permit Event)

## OFFICIAL ENTRY FORM

PLEASE COMPLETE A SEPERATE FORM FOR EACH EVENT ENTERED

Name:					
SAL Membership Number:					
Address:					
Postcode:		Email:			
Date of Meeting:		Telephone No:			
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: _____		



REGIONAL SPORTS FACILITY  
**RAVENS CRAIG**  
INDOOR OPEN GRADED **ATHLETICS** MEETING 2013

[www.nlleisure.co.uk](http://www.nlleisure.co.uk)

# INFORMATION & APPLICATION

(Under UKA Rules and SAL Permit Event)



## EVENT DAYS:

**SATURDAY 09<sup>TH</sup> NOVEMBER 2013**  
**SATURDAY 07<sup>TH</sup> DECEMBER 2013**  
**FURTHER DATES TBC FOR 2014**



LOTTERY FUNDED | sportscotland



Supported by **North Lanarkshire Council**



## EVENT DAYS:

Day 1 Saturday 9th November	Day 2 Saturday 7th December	
100M 11:00AM	100M 11:00AM	
SPRINT HURDLES (60M) U13-VET 11:45AM	SPRINT HURDLES (60M) U13-VET 11:45AM	
60M 12:30PM	60M 12:30PM	

## TRACK

LONG JUMP (U15+) 11:00AM	LONG JUMP (U15+) 11:00AM	
SHOT PUTT (U15+) 11:45AM	SHOT PUTT (U15+) 11:45AM	
TRIPLE JUMP OPEN 12:30AM	TRIPLE JUMP OPEN 12:30AM	
HIGH JUMP OPEN 12.30PM	HIGH JUMP OPEN 12.30PM	

## FIELD

## NOTES:

- The meetings are open to male and female athletes in age groups under 11 to veteran.
- Participants must be 9 on day open graded (U11) age group.
- All entries 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 £2.00 per event. Registration will be open from 5.15pm. A separate entry form **MUST** be completed for each event registered.
- **DECLARATIONS** will close 30 minutes before published start time of the event up until 7.15pm.
- All event times are approximate and subject to change on the event day.
- Sprint Hurdles: age groups may be combined in the case of low entries but appropriate hurdle specifications for each 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 officials availability is confirmed.

For further information contact:

Kat Heron  
 Athletics Development  
 1 Souterhouse Road  
 Coatbridge  
 ML5 4AA

**Tel: 07852 732184**  
**heronk@nleisure.co.uk**