## INDOOR OPEN GRADED ATHLETICS MEETING

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

#### **OFFICIAL ENTRY FORM**

PLEASE COMPLETE A SEPERATE FORM FOR EACH EVENT ENTERED

					)		
Name:							
Email:							
Address:							
Postcode:			SAL Membership Number:				
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:							
			Best in last 12 months	For Official Use Only:			
Event:	Personal Best	Year		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:					







# INFORMATION APPLICATION

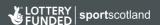
(Under UKA Rules and SAL Permit Event)



# **EVENT DAYS:**

SATURDAY 29<sup>th</sup> NOVEMBER 2014 SATURDAY 10<sup>th</sup> JANUARY 2015













## **EVENT DAYS: 29th NOVEMBER & 10th JANUARY TRACK**

Time	Event	Age Group
11:00am	100m	Open
11:45am	60m Hurdles	U13 - Vet
12:30pm	60m	Open

### **FIELD**

11:00am	Long Jump	U15+	
11:45am	Shot Putt	U15+	
12:00pm	Long Jump	U11-U13	
12:30pm	Triple Jump	Open	
12:30pm	Shot Put	U11-U13	
12:30pm	High Jump	Open	

#### **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 £3.00 per event. Registration will be open from **9.30am**. A seperate entry form **MUST** be completed for each event registered.
- Officials will try and accommodate as best as possible competitors who are competing in multiple events.
- **DECLARATIONS** will close approximately **30minutes** before published start time of the event up until **12:00pm**.
- 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.
- Pre-register to kat.heron@nlleisure.com

For further information contact:

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