

Grangemouth Stadium

**national indoor
athletics academy
outdoor open graded
athletics meetings
summer 2015**



ONLINE ENTRIES ONLY

late entries will not be accepted on the day

www.online-entries.co.uk

Outdoor Open Graded Athletic Meetings - 2015

Closing date for entries is Monday 12 noon before the meeting. **£3.00 per entry.**



TRACK	6th May	3rd June	1st July	5th August	2nd September
6.30pm	100m	Hurdles	100m	Hurdles	100m
7.00pm	-	-	-	-	-
7.30pm	-	200m	-	200m	-
8.00pm	300/400m	800m	300/400m	800m	300/400m
8.30pm	1500m	3000m	1500m	3000m	1500m

FIELD	6th May	3rd June	1st July	5th August	2nd September
6.15pm	Long Jump Jnr	High Jump Jnr	Long Jump Jnr	High Jump Jnr	Long Jump Jnr
6.45pm	Pole	Hammer	Pole	Hammer	Pole
7.15pm	Long Jump Snr	Triple Jump / High Jump Snr	Long Jump Snr	Triple Jump / High Jump Snr	Long Jump Snr
7.45pm	-	Shot	-	Shot	-
8.15pm	Javelin	Discuss	Javelin	Discuss	Javelin

Jnr = u11, u13. Snr = u15+

Entry queries: **og_event@online-entries.co.uk**

all other queries: **grangemouthstadium@falkirkcommunitytrust.org**

Tel: **01324 504590**

Reminder that strictly NO Needle/Pin spikes on the outdoor track. Correct spikes are available to purchase at our reception desk.

- Meetings open to male and female athletes on ages groups U11 to Veteran. Athletes MUST be 9 years of age on day of competition. Athletes MUST be amateurs according to British Athletics rules for competition.
- Programme may include or be supplemented by additional Falkirk Community Trust athletics events.
- Additional car parking available at rear of Grangemouth Stadium



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