



Falkirk
Community
Trust



GRANGEMOUTH STADIUM

**National indoor
athletics academy**
Indoor Open Graded
Athletics Meetings
Winter 2017 - 2018

ONLINE ENTRIES ONLY

late entries will not be accepted on the day

www.online-entries.co.uk

Indoor Open Graded Athletic Meetings 2017 – 2018



Closing date for entries is Monday 12 noon before the meeting. **£3.10 per entry.**

TRACK	6 Dec 2017	10 Jan 2018	14 Feb 2018	14 March 2018
START 6.30pm	60m Hurdles	60M Hurdles	60m Hurdles	60m Hurdles
END 8pm	followed by	followed by	followed by	followed by
(Slow-fast)	60M Sprint 1	60M Sprint 1	60M Sprint 1	60M Sprint 1
	60M Sprint 2	60M Sprint 2	60M Sprint 2	60M Sprint 2

FIELD	6 Dec 2017	10 Jan 2018	14 Feb 2018	14 March 2018
6.15pm	Jnr Shot Putt	Jnr Shot Putt	Jnr Shot Putt	Jnr Shot Putt
6.30pm	Jnr Long Jump	Jnr Long Jump	Jnr Long Jump	Jnr Long Jump
7.15pm	High Jump	High Jump	High Jump	High Jump
7.30pm	Snr Long Jump	Snr Long Jump	Snr Long Jump	Snr Long Jump
8pm	Snr Shot Putt	Snr Shot Putt	Snr Shot Putt	Snr Shot Putt

Max 3 events per athlete | No U15 for 400m | No U11 for 1500m | No U11 or U13 for Triple Jump

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

All other queries: grangemouthstadium@falkirkcommunitytrust.org

Tel: **01324 504590**

- **Strictly NO NEEDLE/PIN SPIKES**, checks made at events, suitable spikes available to buy at Reception
- **Limited spaces available for each event**
- **No entries on the night**
- **Competitors must demonstrate competence in their event to compete**
- **High Jump minimum clearance height to enter = 1m**
- **Athletes must enter in appropriate age category**
- **Junior = u11 and u13 Senior = U15 and above**
- **Meetings open to male and female athletes u11 – veteran**
- **Athletes must be 9 year of age on competition day**
- **In accordance with British Athletics rules for competition athletes must be amateurs**
- **Volunteers required to continue meetings, please let Stadium staff know if you are willing to help**



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