

**Grangemouth Stadium & National Indoor Athletics Academy**  
**OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2011**

*(Under UK Rules and SAL Permit Event)*

**OFFICIAL ENTRY FORM**

**PLEASE COMPLETE A SEPARATE FORM FOR EACH EVENT ENTERED**

Name: \_\_\_\_\_ SAL Membership Number: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Date of Meeting: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Age Group: \_\_\_\_\_

Club: \_\_\_\_\_

I hereby agree to the Conditions and Regulations of the Outdoor Open Graded Athletics Meetings and request that you enter me for:

Event	Personal Best	Year	Best in Last 12 months	For Official Use	
				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: \_\_\_\_\_

# OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2011

**Grangemouth Sports Stadium  
& National Indoor Athletics Academy**



**SUMMER**

(UK Rules and SAL Permit Event)

## EVENT DAYS

Wed. 4th May 2011

Wed. 1st June 2011

Wed. 6th July 2011

Wed. 3rd August 2011

Wed. 7th September 2011

**Enquiries: 01324 504590**



**Falkirk Council**  
Community Services

[www.falkirk.gov.uk](http://www.falkirk.gov.uk)



## OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2011

TRACK	4th May	1st June	6th July	3rd August	7th September
6.45 pm	Sprint Hurdles	800m (U11s)	Sprint Hurdles	800m (U11s)	100m
7.00 pm	100m	200m	100m	200m	300m/400m
7.45 pm	300m/400m	800m	300m/400m	800m	Sprint Hurdles
8.00 pm	200m		100m		200m
8.30 pm	1500m	3000m	1500m	3000m	1500m
9.00 pm	3000m				

Field	4th May	1st June	6th July	3rd August	7th September
6.45 pm	Pole Vault	Hammer	Pole Vault	Hammer	Pole Vault
6.45 pm	Shot Putt	High Jump (U11s)	Javelin	High Jump (U11s)	Long Jump (U11s)
6.45 pm	Long Jump (U11s)	Triple Jump		Triple Jump	Shot Putt
7.00 pm			Long Jump		
7.45 pm	Javelin	High Jump (all others)	Shot Putt	High Jump (all others)	Javelin
7.45 pm	Long Jump				

The above programme may include or be supplemented by additional Falkirk Council athletics events.

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#### NOTES

- The meetings are open to male and female athletes in age groups under 11 to veteran. Athletes **MUST** be at least 9 years of age on the day of competition.
- All entrants must be amateurs according to UK Athletics Rules for Competition.
- **ENTRIES** must be made on an Official Outdoor Open Graded Athletics form and be accompanied by the correct fee of £2.10 per event. Registration will open at 5.45pm. A separate entry form must be completed for each event entered.
- **DECLARATIONS** will close 30 minutes before published starting time of the event.
- Sprint Hurdles: age groups may be combined in the case of low entries 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 events not on the programme will be considered provided that TWO weeks notice is given and official's availability is confirmed.
- The summer programme may include or be supplemented by additional Falkirk Council athletics events.

#### For further information contact

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