

**Grangemouth Stadium & National Indoor Athletics Academy**  
**OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2008**

*(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:

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

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### Information and Application Form

Also available online at [www.falkirk.gov.uk](http://www.falkirk.gov.uk)

# 01324 504598



## Wednesdays (6.45pm)

7th May | 11th June | 2nd July | 6th August | 3rd September

PART OF THE SCOTTISH ATHLETICS OPEN GRADED  
GRAND PRIX SERIES 2008



## OUTDOOR OPEN GRADED ATHLETICS MEETINGS 2008

TRACK	7th May	11th June	2nd July	6th August	3rd September
6.45 pm	200m	 Sprint Hurdles	800m (U11s)	Sprint Hurdles	100m
7.00 pm	200m	100m	200m	100m	300m/400m
7.45 pm	1500m	 3000m	3000m	800m	200m
8.00 pm	200m Hurdles	300m/400m	800	300/400m	Sprint Hurdles
8.30 pm	800m	3000m	1500m	3000m	1500m

Field	7th May	11th June	2nd July	6th August	3rd September
6.45 pm	 Pole Vault	Hammer	Pole Vault	Hammer	Pole Vault
6.45 pm	Shot Putt	High Jump (U11s)	Javelin	High Jump	Long Jump (U11s)
6.45 pm		Triple Jump		Triple Jump	Shot Putt
7.00 pm	Long Jump		Long Jump		
7.45 pm	 Javelin				
7.45 pm	Long Jump (all others)	High Jump (all others)	Shot Putt	Discus	Javelin
7.45 pm		Discus			Long Jump (all others)



- Scottish Athletics Grand Prix event. Grand Prix events include U17, U20 & Senior athletes

U11, U13 & U15 age group events will follow Grand Prix competition

The above programme may include or be supplemented by Scottish Athletics Invitation Events and Falkirk Council schools athletics events.

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### NOTES

- The meetings are open to male and female athletes in age groups under 13 to veteran. There are separate events for under 11s, as per the Entry Form for which 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 £2.00 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 Scottish Athletics Invitation events and Falkirk Council schools athletics events.

### For further information contact

Fraser Mackenzie  
Grangemouth Stadium & National Indoor Athletics Academy  
Kersiebank Avenue  
Grangemouth  
FK3 OEE

**Tel:** 01324 504598  
**Fax:** 01324 504591

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