

Grangemouth Stadium & National Indoor Athletics Academy
INDOOR OPEN GRADED ATHLETICS MEETINGS 2008/9

(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 Indoor 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: _____

Grangemouth Stadium

and National Indoor Athletics Academy

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(under UK Rules and SAL Permit Event)

Information and Application Form

Also available online at www.falkirk.gov.uk

01324 504590/8

Wednesdays (6.45pm)

3rd December | 7th January | 4th February | 25th March



INDOOR OPEN GRADED ATHLETICS MEETINGS 2008/9

TRACK 3rd December 7th January 4th February 25th March

6.45 pm	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
7.00 pm**	60m Round 1	60m Round 1	60m Round 1	60m Round 1
7.45 pm	60m Round 2	60m Round 2	60m Round 2	60m Round 2

Field 3rd December 7th January 4th February 25th March

6.45 pm	Long Jump (Senior)	Triple Jump (Senior)	Long Jump (Senior)	Triple Jump (Senior)
6.45 pm	Shot Put (Junior)		Shot Put (Junior)	
7.15 pm	High Jump (1m 55 +)	High Jump (1m 55 +)	High Jump (1m 55 +)	High Jump (1m 55 +)
8.00 pm	Shot Put (Senior)		Shot Put (Senior)	
8.00 pm	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)
8.00pm**	High Jump (1m 55 -)	High Jump (1m 55 -)	High Jump (1m 55 -)	High Jump (1m 55 -)

****These events will start earlier if space in the programme allows
The above programme may include or be supplemented by Invitation Events and Falkirk Council.**

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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 Indoor 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 winter programme may include or be supplemented by 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 504598/0

Fax: 01324 504591

Online: www.falkirk.gov.uk