

APPROX TIME	TRACK EVENTS	FIELD EVENTS
10.30		Long Jump - U15 & U17 Girls
10.45	110m Hurdles – Sen/U20 Men 100m Hurdles - U17 Men 100m Hurdles - Sen Women 100m Hurdles - U20 Women	Shot Putt – U11, U13 & U15 Boys High Jump – U13 Girls
11.30	80m Hurdles – U17 Girls 80m Hurdles – U15 Boys 75m Hurdles – U15 Girls 75m Hurdles – U13 Boys 70m Hurdles – U13 Girls 100m – U11 Boys 100m – U11 Girls	Half an hour after final Hurdles event Long Jump U20 & Senior Women Shot Putt - U17, U20 & Senior Men
12.30	Schools Relay - Heats	Long Jump – U11, U13 & U15 Boys Shot Putt – U11, U13 & U15 Girls
1.30	200 metres Senior Men 200 metres U17 Men 200 metres U15 Boys 200 metres U13 Boys	Long Jump U11 & U13 Girls Shot Putt U17, U20, Senior Women High Jump – U15 Girls
2.30	Schools Relays - Finals	Long Jump – U17, U20, Senior Men High Jump – U17, U20, Senior Women
800 metres will follow on half an hour after the completion of each age group's final field event.		1500 metres will follow on half an hour after the completion of each age group's final field event.



OPEN COMBINED EVENT CHAMPIONSHIPS

Triathlon (Under 11's) **Pentathlon** (Under 13's – Seniors)

Sunday 13th September 2009

Caird Park, Dundee

www.SportTayside-Fife.co.uk

PROGRAMME & ENTRY FORM

CLOSING DATE FOR ALL ENTRIES:

Monday 31st August 2009

SportTayside & Fife Combined Events Championships

Supported by the START Fund

ENTRY FORM

PERSONAL DETAILS

Name _____

Address _____

Town _____ Postcode _____

Tel N° _____

Club / School _____

scottishathletics Membership N° _____

Date of Birth _____ Age on 31/8/2009 _____

Age Group (please circle):

Female U11, U13, U15, U17, U20, Senior

Male U11, U13, U15, U17, U20, Senior

Please detail best performances in your events in the table below.

Event	Personal Best in the last 2 years (if known)	
Sprint Hurdles	Time:	Distance:
100m/200m		
800m/1500m		
Long Jump		
High Jump		
Shot Putt		
	Entry Fee Enclosed	

Photographs & video footage may be taken at the event. It is assumed that athletes taking part can be included in any photos/videos that can be used in press or promotional material unless notification to the contrary is made in writing to **SportTayside & Fife**.

Signed

(athlete)

Signed (parent / legal guardian if athlete
U16)

Please complete and return with appropriate fee to: **Alasdair Donaldson, SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR** by Monday 31st August 2009.
No late entries will be accepted.

SportTayside & Fife Combined Events Championships

13th September 2009 at Caird Park, Dundee

NOTES:

- Entry fees:**
PENTATHLON - £6.00 per athlete
TRIATHLON (Under 11's) - £4.00 per athlete
- Cheque(s) to be made payable to '**SportTayside & Fife**'
- Entry form and payment must be returned to **SportTayside & Fife**, Lynch Sports Centre, South Road, Dundee, DD2 4SR by **Monday 31st August 2009**
- The events are as follows:
 - **U11 Boys & Girls** – TRIATHLON – 100m, long jump & shot putt
 - U13 / 15 / 17 / 20 / Senior **MALES** – PENTATHLON
– Hurdles, long jump, shot putt, 200m, 1500m (U13's & U15's will do 800m instead)
 - U13 / 15 / 17 / 20 / Senior **FEMALES** – PENTATHLON
– Hurdles, long jump, shot putt, high jump, 800m
- The competition will commence at 10.30am prompt
- Registration - **60 minutes** before first event
- All competitors will be issued with numbers to be worn front and back
- The programme of events is given on the page overleaf. There may be adjustments to the timings of events in order to accommodate the half hour rest between events. Please listen for any changes announced throughout the day
- Trophies will be awarded to the top three athletes in each age group
- All field events will be allowed three attempts (except high jump)
- All entries will be posted on the **SportTayside & Fife** website by the Wednesday before the event. Results will be posted there after the event.

www.SportTayside-Fife.co.uk

