

Grangemouth Stadium & National Indoor Athletics Academy
INDOOR OPEN GRADED ATHLETICS MEETINGS 2009/10

(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: _____

INDOOR OPEN GRADED ATHLETICS MEETINGS 2009/10

Grangemouth Sports Stadium
& National Indoor Athletics Academy



WINTER
INFORMATION & APPLICATION
(Under UK Rules and SAL Permit Event)

EVENT DAYS

- Wed. 2nd December 2009
- Wed. 6th January 2010
- Wed. 3rd February 2010
- Wed. 17th March 2010



Falkirk Council
Community Services

www.falkirk.gov.uk



INDOOR OPEN GRADED ATHLETICS MEETINGS 2009/10

TRACK 2nd December 6th January 3rd February 17th March

6.45 pm	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
7.00 pm	60m RACE 1	60m RACE 1	60m RACE 1	60m RACE 1
7.45 pm	60m RACE 2	60m RACE 2	60m RACE 2	60m RACE 2

Field 2nd December 6th January 3rd February 17th 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	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 +)
8.15 pm	Shot Put (Senior)		Shot Put (Senior)	

Please note that RACE 2 of the 60m is a separate event and requires a separate entry form and payment.

POLEVAULT will take place from 6:45pm on the Tuesday evening immediately prior to each Open Graded Meeting

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NOTES

- The meetings are open to male and female athletes in age groups under 13 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 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

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