

## NOTES

## 2013 PROGRAMME - DUNREN OPEN GRADED SERIES AT LINWOOD

1. Track events will be seeded according to performance not age group. All information requested on the Entry Form must be provided.
2. Competition is for male and female athletes from Under 11 to Veterans and age groups are those in which athletes compete during Season 2013. Competitors must be at least 9 years old on the day of the meeting.
3. Start times for all events are conditional on the level of entries received but will follow the programme order. The promoters reserve the right to change the start times to either an earlier or a later start time with all changes being announced on the day of the event. Competitors, spectators and officials should listen to announcements for any event/time changes.
4. U11 and U13 athletes may not compete in the 400M or any event exceeding 1500M. U11, U13 and U15 athletes may not compete in more than one race of 600M or over on the same day. U11, U13, U15 and U17 athletes may not compete in more than 3 events on the same day and U20 athletes may not compete in more than 5 events on the same day.
5. Registration for all meetings will open at 6pm. Declarations for the 3000M will close promptly at 6.30pm. Entries for other events will close 30 minutes before the event and at 7.30pm for all events.
6. **Entry for the 3000 Metres races will be by advance entry only. Entries by email please to Stuart Irvine on [garscube86rav2001@yahoo.com](mailto:garscube86rav2001@yahoo.com) or by post to 86 Ravenscliffe Drive, Glasgow G46 7QS BY THE MONDAY PRIOR TO THE EVENT. Entry Fee payable on the day. Details required: Name, Club, date of birth, age group, anticipated performance. ENTRIES FOR 3000 METRES WILL NOT BE ACCEPTED ON THE DAY.**
7. All competitors will receive at least 3 attempts at horizontal jumps & throwing events. Where time allows and purely at the Field Referee's discretion extra attempts may be offered.
8. The heats for all 200 and 1500 metres races which are scheduled to start at or after 8.30pm will be run from slowest to fastest ie Heat 1 will be for the slowest runners.
9. Entry Fee is £2 per event.
10. The admission charge for adult spectators is £1 per person.

### Wednesday 24<sup>th</sup> April 2013

Track	Start time		Field	Start Time
3000M	6.40pm	Advance Entry Only		
100M	7pm		Long Jump	7pm
800M	7.30pm		Discus	7pm
200M	8pm		Shot Putt	8pm
1500M	8.30pm		Javelin	8pm

### Wednesday 29<sup>th</sup> May 2013

Track	Start time		Field	Start Time
3000M	6.40pm	Advance Entry Only		
100M	7pm		Long Jump	7pm
800M	7.30pm		Hammer	7pm
200M	8.00pm		Shot Putt	8pm
1500M	8.30pm		High Jump	8pm

### Wednesday 26<sup>th</sup> June 2013

Track	Start time		Field	Start Time
3000M	6.40pm	Advance Entry Only		
800M	7pm		Hammer	7pm
400M	7.30pm		Javelin	7pm
100M	7.40pm		Long Jump	8pm
1500M	8.10pm		Shot Putt	8pm
200M	8.40pm			

### Wednesday 31<sup>st</sup> July 2013

Track	Start time		Field	Start Time
3000M	6.40pm	Advance Entry Only		
100M	7pm		Hammer	7pm
800M	7.30pm		Long Jump	7pm
200M	8pm		High Jump	8pm
1500M	8.30pm		Shot Putt	8pm

### Wednesday 21<sup>st</sup> August 2013

Track	Start time		Field	Start Time
3000M	6.40pm	Advance Entry Only		
100M	7pm		Hammer	7pm
400M	7.30pm		Long Jump	7pm
800M	7.40pm		High Jump	8pm
200M	8.10pm		Shot Putt	8pm
1500M	8.40pm			