



Orkney Athletic Club



APRIL OPEN COMPETITION

Sunday 17th April 2016

The Pickaquoy Centre – 11.00 am – 4.00 pm

OPEN MEETING EVENTS

Age Groups – Born Between											
Senior		U20		U17		U15		U13		U11*	
Born before 31/12/96		31/12/96 and 31/08/99		01/09/99 and 31/08/01		01/09/01 and 31/08/03		01/09/03 and 31/08/05		01/09/05 and 31/08/07	
<i>Maximum 3 events + relay</i>											
M	F	M	F	M	F	M	F	M	F	M	F
100	100	100	100	100	100	100	100	100	100	75	75
200	200	200	200	200	200	200	200	200	200	150	150
400	400	400	400	400	400	400	300	800	800	800	800
800	800	800	800	800	800	800	800	1500	1200	HJ	HJ
1500	1500	1500	1500	1500	1500	1500	1500	HJ	HJ	LJ	LJ
HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	LJ	LJ	SP	SP
LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	SP	SP	CB	CB
SP	SP	SP	SP	SP	SP	SP	SP	CB	CB		
JT	JT	JT	JT	JT	JT	JT	JT				
NON SCORING 4 x 100 RELAY (CROSS AGE/SEX/CLUB) ENTRY ON THE DAY											

GENERAL INFORMATION

All athletes must pre-enter – NO entries will be accepted on the day

Closing date for entries is Tuesday 12th April 2016

Entries will ONLY be accepted when accompanied by Entry Fee payment

1 Event = £4.00

2 or more Events = £6

Payment (Please make all cheques payable to 'Orkney Athletic Club').

**Completed Entry Forms should either be handed in at Club Training or sent to
Diane Gordon, Competitions Clerk, 28 Willowburn Road, Kirkwall**



Orkney Athletic Club



ENTRY FORM

First Name:	Date of Birth:
Last Name:	Male/Female (please delete as appropriate)
Address:	
Post Code:	Phone Number:
Email address:	
Club:	Scottish Athletics No:

Senior	U20	U17	U15	U13	U11*
Born before 31/12/96	31/12/96 and 31/08/99	01/09/99 and 31/08/01	01/09/01 and 31/08/03	01/09/03 and 31/08/05	01/09/05 and 31/08/07

I wish to enter the following events	Personal Best (PB's)
I enclose payment of £ _____ for entry fees. <u>Please make all cheques payable to Orkney Athletic Club</u>	
Declaration Signature: (Parent or Guardian if athlete Under 16)	Date:
Tick this box, if you DO NOT consent to photographs taken of you being used by Orkney Athletics Club for promotional purposes.	

COMPETITION INFORMATION

DECLARATIONS: Athletes must declare at least 30 mins before their event.
All declarations will close at 11.30 am

RULES: UK Athletics Rules will apply

TRACK SEEDING

Athletes will only race against those of similar ability or age within their age band. All Athletes will be based on ability where possible, regardless of age or sex – this is to ensure that each athlete gains appropriate competition.
Races will be seeded as race A, B, C etc with the highest performing athletes in Race A.

FIELD EVENTS TRIALS (except High Jump)

U11, U13	3 Trials
U15, U17, U20 and Senior	6 Trials