



# INVERNESS HARRIERS

## OPEN GRADED MEETING 9TH APRIL 2017

### ENTRY FORM

I hereby agree to the conditions and regulations of the Open Graded Athletics Meetings and request that you enter me for the events indicated below.

EVENT	PB or Perf.	SAL Age Group	<u>For Office</u> heat/pool	<u>Use Only</u> number
<b>TOTAL COST</b>				

Entry fees cost £3.00 for 1 event or £5.00 for 2 or more events and **MUST** be paid in advance by cheque (payable to Inverness Harriers) or cash whichever is the more convenient. Non SAL registered athletes costs are £5 for 1 event and £7 for 2 or more events. Closing date for pre entries is Wednesday 5th April. Entries can be posted to **Charlie Forbes, 3 Smithton Park, Inverness.IV2 7PD** or handed in on training evenings with the correct fees. **No fees no entry.**

Name \_\_\_\_\_ SAL Membership Number: \_\_\_\_\_

**(You must provide your SAL number or you will be charged the non-registered cost.)**

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age: \_\_\_\_\_

Gender: Male / Female Age Group: \_\_\_\_\_

Club \_\_\_\_\_

**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 \_\_\_\_\_



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HARRIERS**  
**OPEN GRADED MEETING 9TH APRIL 2017**

## **INFORMATION SHEET**

**The meeting will be governed under a SAL permit and UKA Rules**  
**All races will have photo finish available**

**Pre -Entries** - must be with the organiser by Wednesday 5th April with the correct entry fees enclosed.

**Numbers** - must be worn in accordance of UKA rules, be clearly visible at all times when competing and secured firmly on the chest, especially for track events.

**Registration** – will be from 8.30am in the Admin Building at Queens Park Stadium and all athletes must register at least one hour before their event start time. This is to allow heats to be allocated. Any athletes not registered in time will not be allowed to compete.

The first field event (Hammer) starts at 10am with the first track events (sprint hurdles) starting at 11am. See the timetable for your event start time.

**Hammer** - is for throwers already being coached regularly and will be by invitation only.

**High Jump** - Will have a starting height of 1.40m and is open to all age groups. Do not enter if you have not cleared this height in previous competitions.

**Long Jump & Throws** - All athletes will have 3 trials and age groups under 15 upwards will be given 3 extra trials providing they finish in the top 6 of their pool.

**Track events** - Athletes in all age groups must supply an accurate personal best or time so that they can be graded in an appropriate heat.

**Hurdles** - Age groups may be combined in the case of low entries. Appropriate hurdle specifications will be used for each age group.

**Please note: Rule 107 (Under 15)** *(iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.*

*(v) Under 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1500 metres (but not steeplechase), subject to any limitations as to standard laid down by the organisers. They may not take part in competitions for older athletes other than those in the Under 17 age group.*

**General** - All event times are approximate and subject to change on the event day. Athletes must be at least 9 years of age on day of competition. Athletes must register strictly at least one hour before their event start time. **No late entries.**