



# Orkney Athletic Club



scottishathletics

licensed event

## OPEN CHAMPIONSHIPS

Sunday 25<sup>th</sup> August 2019

The Pickaquoy Centre

10.00am - 3.00pm

### Step 1 – Personal Details

- Complete all Personal Details
- If athletes are registered with Scottish Athletics, SA number must be completed, if not registered strike through

### Step 2 –Event Selection

- Athletes can select a maximum of 3 events\*\*.
- If athletes have competed before, then their PB (Personal Best) should be entered in the boxes of the events selected, this is to ensure accurate seeding can take place (most athletes can this information on the Power of 10 website [www.thepowerof10.info](http://www.thepowerof10.info))
- All athletes must pre-enter – **No entries will be accepted on the day**
- In accordance with UKA Rules of Competition, Rule 141 S1 and Rule 21 S4(6)
  - U13's: No athlete in this age group is allowed to compete in any race at 300m & 400m, nor in more than one race between 600m and 1mile inclusive on the same day (24hr Period)
  - U15's: No athlete in this age group is allowed to run in more than one different event between 300m and 3000m inclusive on the same day (24hr period)
  - U17's: No athlete in this age group is allowed to run in any track event in excess of 5000m"

### \*\*Long Jump (LJ)

Due to the volume of athletes that are wishing to do 'LJ' & the pressure that this has on the overall competition timetable OAC are limiting the number that can compete. Rather than set a qualifying standard the number of entrants within each age group will be limited. Athletes wishing to compete in the 'LJ' should enter 4 events, if unsuccessful for the 'LJ' their 'reserve' option will be entered instead. It is very important for athletes to ensure that their PB's are listed on the entry form & reserve choice is clearly stated on the form.

- Entry Fees for each competition are £5 for 1 event and £10 for 2 or more events<sup>^^</sup>  
<sup>^^</sup> Maximum entry fees per competition for children within one family unit (siblings) is £20 as per OAC policy.
- Entries will ONLY be accepted when accompanied by Entry Fee payment.  
(Cheques should be made payable to Orkney Athletic Club)
- Completed Entry forms can be handed in at Club Training sessions or sent to Kirsty Swan, Competitions Clerk, Old Schoolhouse, Holm KW17 2SB (Email any queries to Kirsty at: [competition@orkneyathleticclub.co.uk](mailto:competition@orkneyathleticclub.co.uk))
- **Closing date for entries is Tuesday 13<sup>th</sup> August**

### Step 3 – General Information

- Minimum age of athletes on the day of competition is 9 (nine).
- Declarations – Athletes must declare at least 30 mins before their event, ALL declarations will close at 09.45 am
- UK Athletics Rules will apply
- 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 Event Trials (except High Jump) - U11's and U13's = 3 trials; Under 15's = 4 trials; U17+ = 6 trials

### Step 4 - Declaration

- Complete the declaration at the foot of the entry form

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THIS FORM MUST BE COMPLETED IN FULL FOR ENTRANTS CORRECT AGE GROUP & GENDER

**'PBs' SHOULD BE WRITTEN IN THE BOX FOR EACH CHOSEN EVENT FOR ACCURATE SEEDING IN HEATS**

[visit the power of 10 website to check individual athlete results [www.thepowerof10.info](http://www.thepowerof10.info)]

(OR WRITE 'NO PB' IF COMPETING IN EVENT/AGE GROUP FOR THE FIRST TIME)

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

**Date of Competition: Sunday 25<sup>th</sup> August 2019**

Born between	UNDER 11's 01/09/08 - 31/08/10 <i>(Athletes to be aged 9 on day of competition)</i>		UNDER 13's 01/09/06 - 31/08/08		UNDER 15's 01/09/04 - 31/08/06		UNDER 17's 01/09/02 - 31/08/04		UNDER 20's 31/12/1999 - 31/08/02		SENIOR born before 31/12/1999	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
EVENT												
75m												
100m												
150m												
200m												
300m												
400m												
800m												
1200m												
1500m												
3000m												
5000m												
High Jump												
Long Jump												
Shot Putt												
Javelin												
Cricketball												

**Step 4 – Declaration:** Declaration Signature:

(Parent or Guardian is athlete is under 16)

Date:

Tick this box if you **DO NOT** consent to photographs taken of you being used by Orkney Athletic Club for promotional purposes.

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