



Orkney Athletic Club



APRIL OPEN COMPETITION

Sunday 28th May 2017

The Pickaquoy Centre – 11.30 am – 4.00 pm

Step 1 – Personal Details

- Complete all Personal Details
- If athletes are registered with Scottish Athletics then SA number must be completed
- If athletes are not registered with Scottish Athletics please omit SA Number box.

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.
- All athletes must pre-enter – No entries will be accepted on the day
- Closing date for entries is Thursday 18th May
- Entry Fee is £4.00 for 1 event and £6.00 for 2 or more events
- Entries will ONLY be accepted when accompanied by Entry Fee payment
- Cheques should be made payable to Orkney Athletic Club
- Completed Entry forms should be with handed in at Club Training sessions or sent to Diane Gordon, Competitions Clerk, 28 Willowburn Road, Kirkwall

Step 3 – General Information

- Declarations – Athletes must declare at least 30 mins before their event
- ALL declarations will close at 11.00 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

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| 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. | | |

