



Orkney Athletic Club



OPEN COMPETITION

(sponsored by Alan C Stevenson Ltd)

Sunday 31st March 2019
The Pickaquoy Centre, 10.00am - 3.00pm

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 strike through 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
- 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

Due to the volume of athletes that are wishing to do long jump and the pressure that this has on the overall competition timetable we are setting a limit on the number that can compete. Rather than set a qualifying standard we will limit the number of entrants within each age group. Athletes wishing to be considered for the long jump should enter 4 events, if unsuccessful for the long jump 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 and to clearly state on the form what your 'reserve' event is.

- **Closing date for entries is Tuesday 19th March**
- Entry Fee is £5 for 1 event and £10 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 Kirsty Swan, Competitions Clerk, Old Schoolhouse, Holm KW17 2SB **Tuesday 19th March** (Email any queries to Kirsty at competition@orkneyathleticclub.co.uk)

Step 3 – General Information

- 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

MUST BE RETURNED BY TUESDAY 19TH MARCH

Orkney Athletic Club

**THIS FORM MUST BE COMPLETED IN FULL FOR ENTRANTS CORRECT AGE GROUP & GENDER
'PBs' SHOULD BE WRITTEN IN THE BOX FOR EACH CHOSEN EVENT (OR WRITE 'NO PB' or 'NK' IF NOT KNOWN)**

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:								
Born between	UNDER 11's 01/09/08 - 31/08/10		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		
	EVENT	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
75m													
100m													
150m													
200m													
300m													
400m													
800m													
1200m													
1500m													
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.	

MUST BE RETURNED BY TUESDAY 19TH MARCH