



Orkney Athletic Club



OPEN COMPETITIONS (x3)

Sunday 28th April 2019 / Sunday 26th May 2019 / Sunday 30th June 2019

scottishathletics
licensed event

The Pickaquoy Centre
10.00am - 3.00pm

SPONSORED BY:



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.
- 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^^
- ^^ Maximum entry fees 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)
- **Closing date for entries are detailed in table below:**

Date of Competition	Closing Date for Entries
Sunday 28 th April 2019 →	Tuesday 16 th April 2019
Sunday 26 th May 2019 →	Tuesday 14 th May 2019
Sunday 30 th June 2019 →	Tuesday 18 th June 2019

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

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:

* Tick the box below the date(s) of competition your entry is applicable to.
 * One entry form can be used for multiple dates if competing in the same events at each competition (please ensure correct number of fees are sent with entry)
 * If entering different events in each competition please complete separate forms.

28 th April 2019	26 th May 2019	30 th June 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										May & June Only		May & June Only
5000m									May & June Only		May & June Only	
High Jump												
Long Jump												
Shot Putt												
Javelin												
Cricketball												

Step 4 – Declaration: Declaration Signature: <small>(Parent or Guardian is athlete is under 16)</small>	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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