



Grangemouth Stadium

**national indoor
athletics academy
outdoor open graded
athletics meetings**



summer 2014

Outdoor Open Graded Athletic Meetings 2014



Track	7 May	4 June	2 July
6.45pm	Sprint Hurdles	800m (under 11's)	Sprint Hurdles
7.00pm	100m	200m	100m
7.45pm	300m/400m	800m	300m/400m
8.00pm	200m		200m
8.30pm	1500m	3000m	1500m

Field	7 May	4 June	2 July
6.45pm	Pole Vault	Hammer	Pole Vault
6.45pm	Shot Putt	High Jump (under 11's)	Javelin
6.45pm	Long Jump (under 11's)	Triple Jump	
7.00pm			Long Jump
7.45pm	Javelin	High Jump	Shot Putt
7.45pm	Long Jump	Discus	

The above programme may include or be supplemented by additional Falkirk Community Trust athletics events.

enquiries: 01324 504590
natalie.sreenan@falkirkcommunitytrust.org



Notes

- The meetings are open to male and female athletes in age groups under 11 to veteran. Athletes must be at least 9 years of age on the day of competition. All entrants **must** be amateurs according to British athletics rules for competition.
- **Entries** must be made on an official indoor open graded athletics form and be accompanied by the correct fee of £2.20 per event. Registration will open at 5.45pm.
- A separate entry form **must** be completed for **each** event entered.
- **Declarations** will close **30 minutes** before published starting time of the event.
- Sprint hurdles: age groups may be combined in the case of low entries but appropriate hurdle specifications for each age group will be used.
- A heat for wheelchair athletes can be provided in all appropriate events if requested.
- Requests for events not on the programme will be considered provided that two weeks notice is given and official's availability is confirmed.
- The programme may include or be supplemented by additional Falkirk Community Trust athletics events.
- **Please note that due to an extensive refurbishment plan, we will be closed outdoors through August and September 2014. Thank you for your patience.**
- Additional car park available at Bowhouse Primary.

For further information please contact:

**Stadium Officer,
Grangemouth Stadium &
National Indoor Athletics
Academy, Kersiebank Avenue,
Grangemouth FK3 OEE**

**Tel: 01324 504590
www.falkirkcommunitytrust.org**



Official Entry Form

Complete a separate form for each event entered



Name:

SAL Membership Number:

Address:

.....

Postcode:

Date of Meeting:|.....|.....

Date of Birth:|.....|.....

Age: **Male** **Female**

Age Group:

Club:

I hereby agree to the Conditions and Regulations of the Outdoor Open Graded Athletics Meetings and request that you enter me for:

Eventy	Personal Best	Year	Best in Last 12 Months	Number	Race
				Official Use	

Signature:

Date:|.....|.....

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.