

# INDOOR OPEN GRADED **ATHLETICS** MEETING

RAVENS CRAIG REGIONAL FACILITY  
(Under UK Athletics Rules and SAL Permit Event)

## OFFICIAL ENTRY FORM

PLEASE COMPLETE A SEPERATE FORM FOR EACH EVENT ENTERED

Name:					
Email:					
Address:					
Postcode:		SAL Membership Number:			
Date of Meeting:		Telephone No:			
Date of Birth:		Age:			
Age Group:		Club:			
I hereby agree to the Conditions and Regulations of the Indoor Open Graded Athletics Meetings and Request that you enter me for:					
Event:	Personal Best	Year	Best in last 12 months	For Official Use Only:	
				No.	Race
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.					
Signature: _____			Date: _____		



REGIONAL SPORTS FACILITY  
**RAVENS CRAIG**  
INDOOR OPEN GRADED **ATHLETICS** MEETING

[www.nlleisure.co.uk](http://www.nlleisure.co.uk)

# INFORMATION & APPLICATION

(Under UKA Rules and SAL Permit Event)



## EVENT DAYS:

**SATURDAY 29<sup>th</sup> NOVEMBER 2014**  
**SATURDAY 10<sup>th</sup> JANUARY 2015**



## EVENT DAYS: 29<sup>th</sup> NOVEMBER & 10<sup>th</sup> JANUARY TRACK

Time	Event	Age Group
11:00am	100m	Open
11:45am	60m Hurdles	U13 - Vet
12:30pm	60m	Open

## FIELD

11:00am	Long Jump	U15+
11:45am	Shot Putt	U15+
12:00pm	Long Jump	U11-U13
12:30pm	Triple Jump	Open
12:30pm	Shot Put	U11-U13
12:30pm	High Jump	Open

## NOTES:

- The meetings are open to male and female athletes in age groups under 11 to veteran.
- Participants must be 9 on day open graded (U11) age group.
- All entries must be amateurs according to UK Athletics Rules for Competition.
- **ENTRIES** must be made on an Official Indoor Open Graded Athletics form and be accompanied by the correct fee of £3.00 per event. Registration will be open from **9.30am**. A separate entry form **MUST** be completed for each event registered.
- Officials will try and accommodate as best as possible competitors who are competing in multiple events.
- **DECLARATIONS** will close approximately **30minutes** before published start time of the event up until **12:00pm**.
- Sprint Hurdles: age groups may be combined in the case of low entries but appropriate hurdle specifications for each 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 officials availability is confirmed.
- Pre-register to [kat.heron@nleisure.com](mailto:kat.heron@nleisure.com)

For further information contact:

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 1 Souterhouse Road  
 Coatbridge  
 ML5 4AA

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**[kat.heron@nleisure.com](mailto:kat.heron@nleisure.com)**