

INVERNESS HARRIERS OPEN GRADED MEETING (as per UK Athletics rules)

SUNDAY 4TH SEPTEMBER 2016 QUEEN'S PARK TRACK, INVERNESS

ATHLETE INFO & ENTRY FORM CLOSING DATE FOR ENTRY IS: 29TH AUGUST 2016

SUNDAY 4th SEPTEMBER 2016 FIRST EVENT AT 10.00AM EXPECTED CLOSE BY 4.00pm

ENTRIES CLOSE – MONDAY 29th AUGUST 2016 VENUE – QUEENS PARK STADIUM INVERNESS

Age Group	Senior		U20		U17		U15		U13		U11					
Born in																
Max event	No Limit to events taken		U20 max 5 Events/U17max 3 Events				3 Events max									
Sex	M	F	M	F	M	F	M	F	M	F			M	F		
Events available on the day	100	100	100	100	100	100	100	100	100	100			75	75		
	200	200	200	200	200	200	200	200	200	200			150	150		
	400	400	400	400	400	300	300	300					600	600		
	800	800	800	800	800	800	800	800	800	800			LJ	LJ		
	MILE	MILE	MILE	MILE	MILE	MILE	MILE	MILE	1500	1200			SP 2.72K	SP 2.72K		
	110M HUR	100M HUR	110M HUR	100M HUR	100M HUR	80M HUR	80M HUR	75M HUR	75M HUR	70M HUR						
	HAM	HAM	HAM	HAM	HAM	HAM	HAM	HAM	HAM	HAM						
	DT 2K	DT 1K	DT 1.75	DT 1K	DT 1.5	DT 1K	DT 1.25	DT 1K								
	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ						
	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ						
	SP 7.26	SP 4K	SP 6K	SP 4K	SP 5K	SP 4K	SP 4K	SP 3.25K	SP 3.25K	SP 3KG						
	Jav 800g	Jav 600g	Jav 800g	Jav 600g	Jav 700g	Jav 600g	Jav 600g	Jav 500g	Jav 400g	Jav 400g						

COMPETITION INFORMATION, RULES AND GUIDELINES

All athletes must pre-enter to guarantee entry

Entry forms ONLY accepted with Entry Fee payment
1 Event = £4 3 or more Events = £10

Note: As per Scottish Athletics rules: non-SAL registered athletes will be charged an additional £2 levy per athlete. Register with Scottish Athletics online at www.scottishathletics.org.uk

Declarations: Athletes must declare at least 60mins before their Event.
Declarations begin at 9.00am **All** declarations close an hour before event.

Measurement Equipment: EDM will be in use

Electronic Timing: will be in use

Vest & Numbers: Athletes must wear club or Scottish Colours. Vest numbers will be supplied.

Pins: Provided

Track Spikes: maximum 6mm

First Aiders: will be in attendance

CAMERA & VIDEO EQUIPMENT: All camera and video equipment must be registered with the Sports Centre at reception prior to the start of the meeting. This is a Stadium Rule. Any refusal to cease recording with unauthorised equipment will result in removal of the person from Inverness Leisure premises.

IMPORTANT: For athlete safety, the use of portable electronic devices (including ipods and mobile phones) will not be permitted inside the competition area. Any such devices found in use within the competition area shall be confiscated by the Track/Field Referee. Devices will be returned to the athlete after their competition and can be collected and signed for at admin hut.

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ENTRY FORM 4th SEPTEMBER 2016

First Name:			Date of Birth:					
Last Name:					Sex:			
Address:								
Post Code:				Phone Number:				
Email address:								
Club:				Scottish Athletics No:				
Born in:								
Age Group (please circle)	U11		U13	U15	U17		U20	SEN
Please enter your PB (personal best) to ensure that you compete against athletes of similar ability								
I wish to enter the following events			PB in 2015/16			Age Group when you did PB		
I enclose payment of £_____ for entry fees. <u>Please make all cheques payable to Inverness Harriers</u>								
Declaration Signature: (Parent or Guardian if the athlete is aged 15 or younger)						Date:		

COMPETITION INFORMATION, RULES AND GUIDELINES

Timetable: will be posted on the [scottishathletics](http://scottishathletics.com) website

Track and Field Information: All U11 and U13 Athletes will be competing in their individual age groups and compete against those of similar age within this age band.

Athletes in the U15 to Senior age groups will compete together in graded heats regardless of sex and depending on the entry for that event this is to ensure that each athlete gains the appropriate competition.(as per UKA rules)

ALL U15 TO SENIOR ATHLETES MUST PROVIDE PB'S FOR THEIR EVENTS SO AS TO BE PLACED INTO THE APPROPRIATE GRADED HEAT IF NOT THEY WILL BE FITTED INTO THE FINAL HEAT OR AS DEEMED BY THE ORGANISERS.(FOR THE MILE USE 1500 MTR TIME)

Field Trials: (except High Jump and Pole Vault) Athletes will receive 4 trials for each event.

Photography: Tick this box, if you DO NOT consent to photographs being taken of you being used by Inverness Harriers and Highland & Islands Athletic Partnership for promotional purposes.

Send completed forms with Entry Fee Payment to:

John Finlayson, 15 Woodlands Terrace, Westhill
Inverness, IV2 5DP
"Cheques made payable to Inverness Harriers"

CLOSING DATE:
Monday 29th August 2016