



INVERNESS
HARRIERS
AMATEUR ATHLETICS CLUB

**OPEN GRADED
MEETING**
7th September 2019

INFORMATION SHEET

The meeting will be governed under a SAL permit and UKA Rules
All races will have photo finish available

Pre -Entries - must be with the organiser by Tuesday 3rd September 2019 with the correct entry fees enclosed.

Numbers - must be worn in accordance of UKA rules, be clearly visible at all times when competing and secured firmly on the chest, especially for track events.

Registration – will be from 8.30am in the Admin Building at Queens Park Stadium and all athletes must register **at least one hour** before their event start time. This is to allow heats to be allocated. Any athletes not registered in time will not be allowed to compete. The first field event (Hammer) starts at 10am with the first track events starting at 11am. See the timetable for your event start time.

Hammer - is for throwers already being coached regularly

High Jump - Will have a starting height of Pool 1 1.40m and Pool 2 1.00m open to all age groups. Do not enter if you have not already cleared these starting heights in competition.

Long Jump & Throws - All athletes will have 3 trials and top 8 a further 3.

Track events - Athletes in all age groups must supply an accurate personal best or time so that they can be graded in an appropriate heat.

Please note:

Rule 107 (Under 15) *(iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.
(v) Under 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1500 metres (but not steeplechase), subject to any limitations as to standard laid down by the organisers. They may not take part in competitions for older athletes other than those in the Under 17 age group.*

General - All event times are approximate and subject to change on the event day. Athletes must be at least 9 years of age on day of competition.

Athletes must register strictly at least one hour before their event start time.

No late entries.



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ENTRY FORM

I hereby agree to the conditions and regulations of the Open Graded Athletics Meetings and request that you enter me for the events indicated below.

EVENT	PB or Perf.	SAL Age Group	For Office Heat/pool	Use Only Vest number
e.g.U17male 400M	59 second	U17		
TOTAL COST				

Entry fees cost – **SAL Registered Athletes** **Non SAL registered athletes**

1 event -	£3.00	£5.00
2 events -	£5.00	£7.00
3 events -	£7.00	£9.00

ALL fees **MUST** be paid in advance by cheque (payable to Inverness Harriers) or cash.

Closing date for pre entries is Tuesday 3rd September 2019. Entries can be posted to **Duncan Flockhart, Tiagh Nan Coille, Culloden Moor, Inverness IV2 5EG**, or handed in on training evenings with the correct fees. **No fees no entry.**

Name: _____ SAL Membership Number: SA _____

(You must provide your SAL number or you will be charged the non-registered cost.)

Address: _____

Postcode: _____

Date of Birth: _____ Age: _____

Gender: Male / Female SA Age Group: _____

Club: _____

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: _____



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TIMETABLE

	TRACK			FIELD	
			10.00	Hammer <i>Invitation</i>	U15 + M+F
11.00	100mtrs	Sen M+F	11.00	High Jump <i>Pool 1 (1.40m SH)</i>	All age groups
		U20 M+F		Long Jump	U13 M+F
		U17 M+F		Pole Vault <i>SH TBC</i>	
		U15 M+F			
		U13 M+F			
		U11 M+F			
11.45	800mtrs	Sen M+F			
		U20 M+F	12.00	Discus	U15+ M + F
		U17 M+F		High Jump <i>Pool 2 (1.00m SH)</i>	All age groups
		U15 M+F		Javelin	U11,U13 M+F
		U13 M+F			
		U11 M+F			
12.45	200mtrs	Sen M+F			
		U20 M+F	13.00	Discus	U13 M+F
		U17 M+F		Shot Putt	U15,U17+ M+F
		U15 M+F		Long Jump	U11 M+F
		U13 M+F			
		U11 M+F			
14.00	3000mtrs	Sen M+F	14.00	Shot Putt	U20, Sen M+F
		U20 M+F		Triple Jump	U15+ M+F
		U17 M+F		Javelin	U15+ M +F
		U15 M+F			

Hammer - Invitation will be for throwers who are in regular training for the event only.

THROWS AND HORIZONTAL JUMPS WILL HAVE 3 TRIALS, TOP EIGHT WILL GET A FURTHER 3 TRIALS

Pole Vault and High Jump - starting heights apply.