



# OPEN GRADED ATHLETIC MEETINGS 2017/18

(Under UK Rules and Sal Permit Event)

## OFFICIAL ENTRY FORM



Name:		Date of Birth:	
Address:		Age Group:	
		Gender M or F	
Club:		SAL Number:	

Event	Best Performance in Last 12 Months

By completing this entry you are agreeing to the conditions and regulations of the Open Graded Meeting. You are declaring that you are an amateur as per the rules of UK Athletics and the above information is complete and correct in every detail.

**Entries must be submitted no later than 1 hour before the start of each event**  
**NO LATE ENTRIES WILL BE ACCEPTED**

**Entries are £3.00 per event (3 events - £7.00)**

**Please note that each 60m race counts as one event in terms of payment.**

**Only 3 trials will be allowed in horizontal jumps and 4 in shot put events unless time permits otherwise.**

**Field event athletes should be at the event 20mins before the start time. They should be warmed up, with run ups prepared, ready to start competing at the correct start time.**

### Notes:

- Athletes must be at least 9 years of age on day of competition.
- All entrants must be amateurs according to **UKA** rules for competition.
- The 60m sprints will be graded on performances provided and open to all male and female age groups, including athletes with disability and wheelchair users. Athletes without a known 60m PB should enter a 100m time followed by (100) instead (to assist with seeding).
- Sprint hurdles – age groups may be combined in the case of low entries. Appropriate hurdle specifications will be used for each age group.
- Maximum number of events is 3 per competitor.
- Masters can use senior or age group implements/ specifications for shot putt/ hurdles.
- All event times are approximate and subject to change on the event day.
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TRACK	Sunday 17 Dec	Sunday 21 Jan	Sunday 25 Feb	Sunday 18 Mar
10:15am	60m Hurdles	60m Hurdles	60m Hurdles	600m Outdoor
11:00am	60m Race 1	60m Race 1	60m Race 1	150m Outdoor
11:30am				
12 Noon	60m Race 2	60m Race 2	60m Race 2	60m Hurdles
12:30pm				60m Sprint

FIELD	Sunday 17 Dec	Sunday 21 Jan	Sunday 25 Feb	Sunday 18 Mar
10:15am	Long Jump u13/u15	Long Jump u11/u13	Long Jump u17+	Long Jump u11/u13
11:00am	Shot Put u17+	Shot Put u17+	Shot Put u17+	Shot Put u17+
12noon	Shot Put u15 and below	Shot Put u13/u15	High Jump 1.30m + 1.20m start height	Long Jump u17 +
12:25pm	Long Jump u17+	Triple Jump 9m & 7m board available	Shot Put u15 and below	Shot Put u13/u15

For Further Information Contact:

Stan Walker

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