

# National Indoor Athletics Academy



Indoor Open Graded Athletics Meetings  
Winter 2013/14



Grangemouth Athletics Stadium

# Indoor Open Graded Athletics Meetings 2013/14



Track	4th December	8th January	5th February	5th March
6.45pm	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
7.00pm	60m Race 1	60m Race 1	60m Race 1	60m Race 1
8.00pm	60m Race 2	60m Race 2	60m Race 2	60m Race 2

Field	4th December	8th January	5th February	5th March
6.15pm	Shot Putt (Junior)	Shot Putt (Junior)	Shot Putt (Junior)	Shot Putt (Junior)
6.30pm	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)	Long Jump (Junior)
7.30pm	High Jump (1m 55-)	High Jump (1m 55-)	High Jump (1m 55-)	High Jump (1m 55-)
7.45pm	Long Jump (Senior)	Triple Jump (Senior)	Long Jump (Senior)	Triple Jump (Senior)
8.00pm	High Jump (1m 55+)	High Jump (1m 55+)	High Jump (1m 55+)	High Jump (1m 55+)
8.15pm	Shot Putt (Senior)		Shot Putt (Senior)	

\* Race 2 of the 60m is a separate event and requires an additional entry form and payment.

\*\* Pole Vault will take place from 6.45pm on the Tuesday evening immediately prior to each Open Graded Meeting.



**enquiries: 01324 504590**

**rhonda.jones@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 and of the appropriate age for each discipline. Please check British Athletics rules before applying
- 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 £2.10 per event. Registration will open at 5.30pm.
- 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.
- Requests for events not on the programme will be considered provided that two weeks notice is given and official's availability is confirmed.
- The winter programme may include or be supplemented by additional Falkirk Community Trust athletics events.

## **For further information please contact:**

Stadium Officer,  
Grangemouth Stadium & National Indoor Athletics Academy, Kersiebank Avenue,  
Grangemouth FK3 0EE  
Tel: 01324 504598/0  
[www.falkirkcommunitytrust.org](http://www.falkirkcommunitytrust.org)

If you wish to skip the queue you can now pre-register in advance. This can be done by paying at Reception with your application form prior to the event. We DO NOT accept application forms without payment. Unfortunately we cannot issue refunds if you fail to attend. IF PAYING IN ADVANCE PLEASE COME DIRECTLY TO DECLARATIONS UPON ARRIVAL. Normal declaration rules still apply. **Please note we no longer accept postal entries.**

# FAQ's



## **Q - My child is 12 can they compete in the 60m hurdles?**

**A** - Please see our age specification document on our webpage or check out the British Athletics rules of competition at [www.britishathletics.org.uk/competitions/rules/](http://www.britishathletics.org.uk/competitions/rules/)

## **Q - When will the results be posted and where?**

**A** - The results will be posted to the Scottish Athletics Website and Power of 10 a few days after the meeting.

## **Q - Why is my result not showing up on the Power 10 website?**

**A** - This may be because you did not write your SAL number on your application or if your name wasn't clearly written it may have been transferred incorrectly. Please email [admin@thepowerof10.info](mailto:admin@thepowerof10.info)

## **Q - My child is 11 can they take part in 1500m?**

**A** - Please speak to the track judge on the night as their decision is final.

## **Q - Can I take part in the high jump and 200m at 7pm?**

**A** - Please speak to the field officials at High Jump and they will try where possible to accommodate you.

## **Q - How will the races be seeded?**

**A** - We seed the races according to the personal best noted on your application. Which is why it is important that this box is completed.

# Official Entry Form



This application is also available for download at [www.falkirkcommunitytrust.org](http://www.falkirkcommunitytrust.org)

**Complete a separate form for each event entered**

**PLEASE WRITE CLEARLY IN BLOCK CAPITALS**

**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:

Event	Personal Best	Year	Best in Last 12 months	Number	Race
			required for seeding		
				Official Use	

**Signature:** .....

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

I hereby declare that I am an amateur to the rules of British Athletics and the above particulars are complete and correct in every detail.

(Under British Athletics Rules and SAL Permit Event)