



OPEN GRADED ATHLETIC MEETINGS 2014/15
OFFICIAL ENTRY FORM

Name: _____ SAL Membership Number: _____

Address: _____

Postcode: _____

Date of Meeting: _____

Date of Birth: _____ Age: _____ Gender: M/F (please circle)

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: _____



www.aberdeenaac.co.uk

INDOOR OPEN GRADED ATHLETICS MEETING 2014/15

TRACK	14 th December	25 th January	22 nd February	4 th April
10:30am	60m Hurdles	60m Hurdles	60m Hurdles	Outdoor Spring Open All Age Groups Sprint Hurdles, 100m, 200m, 300m, 400m, 800m, 1500m
11:00am	60m Race 1	60m Race 1	60m Race 1	
11:30am				
12 Noon	60m Race 2	60m Race 2	60m Race 2	
12:30pm				

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

FIELD	14 th December	25 th January	22 nd February	4 th April
10:15am	Long Jump U17 and above	Long Jump U11/U13	Long Jump U15 and below	Outdoor Spring Open All Age Groups Javelin, Long Jump, High Jump, Shot Put, Discus
11:10am	High Jump 1m30+ Start Height 1m20	Shot Put U17 and over	Shot Put U17 and over	
12noon	Shot Put U17 and over	Shot Put U15 And below	Shot Put U15 and below	
12:25pm	Long Jump U15 and below	Triple Jump 9m+ 7m Board Available	Long Jump U17 and over	

Only 3 trials will be allowed in field events unless time permits more.

Notes:

- Athletes must be at least 9 years of age on day of competition.
- All entrants must be eligible to compete according to **UKA** rules for competition.
- The 60m sprints will be graded on performances provided and open to all male and female age groups. Athletes without a known 60m PB should enter a 100m time followed by (100) instead (to assist with seeding).
- Entries to be made on official entry form provided and accompanied by correct fee of £2.00 per event (or 3 events for £5.00).
- 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 put/ hurdles.
- All event times are approximate and subject to change on the event day.
- Entries must be submitted no later than 40 minutes before the start of each event.
- Athletes and Coaches ONLY will be allowed in the arena during competition.

For Further Information Contact:

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