



SRAC Spring OGM



Saturday 25th March 2017 from 10:45 (Registration at 10:00 sharp)

Entries Close – midnight Tuesday 21st March 2017 (No late entries / No entries on the day)

Venue – Smith Avenue, Stornoway.

First event at 10:45am. Expected close by 3pm.

Age Group	Senior		U20		U17		U15		U13		10		8 & 9		
Max events	No Limit		5 events		3 events										
Gender	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Events	110H 106.7	100H 84.0	110H 99.1	100H 84.0	100H 91.4	80H 76.2	80H 84.0	75H 76.2	75H 76.2	70H 68.5					
	100	100	100	100	100	100	100	100	100	75	75	75	75	75	
	200	200	200	200	200	200	200	200	200	150	150	150	150	150	
	400	400	400	400	400	400	300	300							
	800	800	800	800	800	800	800	800	800	800	600	600	600	600	
	1500	1500	1500	1500	1500	1500	1500	1500	1500	1200					
	5000	5000	5000	5000											
	TJ	TJ	TJ	TJ	TJ	TJ	TJ	TJ	-	-					
	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ					
	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
	SP 7.26kg	SP 4kg	SP 6kg	SP 4kg	SP 5kg	SP 3kg	SP 4kg	SP 3kg	SP 3.25kg	SP 2.72kg	SP 2kg	SP 2kg	SP 2kg	SP 2kg	
	DT	DT	DT	DT	DT	DT	DT	DT	DT	DT					
	JT 800g	JT 600g	JT 800g	JT 600g	JT 700g	JT 500g	JT 600g	JT 500g	JT 400g	JT 400g					

Age Group	Age Group Definitions	Event Restrictions
8 & 9	8 on day of competition & 9 years old on 31 August 2017	
10	10 years old on 31 August 2017	
U13	11 or 12 years old on 31 August 2017	Either 800m or 12/1500m
U15	13 or 14 years old on 31 August 2017	Either 800m or 1500m
U17	15 or 16 years old on 31 August 2017	
U20 (Junior)	17 years old and older on 31 August 2017 but under 20 years old on 31 August 2017	
Senior	20 years old and older on 31 August 2017	

INDIVIDUAL ENTRY FORM

SRAC Spring Open Grade Athletic Meeting

Saturday 25th March 2017 from 10:45am

First Name:		Date of Birth:					
Last Name:		Gender:					
Address:							
Post Code:				Phone Number:			
Email address:							
Club:				Scottish Athletics Number:			
Age Group (circle/highlight)	8 & 9	10	U13	U15	U17	U20	SEN
Please enter a recent personal best (PB) to ensure that you compete against athletes of similar ability							
I wish to enter the following events				Personal Best performance			
1)							
2)							
3)							
4)							
5)							
I enclose payment of £_____ for entry fees (Entry fee is £5 per competitor). Please make all cheques payable to 'Stornoway Running & Athletics Club'							
Declaration Signature: (Parent or Guardian if the athlete is aged 15 or younger)						Date:	

Please refer to guidance on age group and event selection.

Athletes should have a basic competence in technical events (throws, jumps and hurdles) entered.

Return this form to the Sports Centre reception with payment in an envelope marked SRAC- Spring OGM, or post to Stuart Baird, 9 Stewart Drive, Stornoway or email to abaird9@aol.com

**Entries Close – midnight Tuesday 21st March 2017
(Late entries will not be accepted / No entries on the day)**