



SRAC May OGM

Saturday 5th May 2018 from 10:45 (Registration at 10:00 sharp)

Entries Close – midnight Tuesday 1st May 2018 (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	100H	110H	100H	100H	80H	80H	75H	75H	70H				
	106.7	84.0	99.1	84.0	91.4	76.2	84.0	76.2	76.2	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
	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP
	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	3.25kg	2.72kg	2kg	2kg	2kg	2kg
DT	DT	DT	DT	DT	DT	DT	DT	DT	DT					
JT	JT	JT	JT	JT	JT	JT	JT	JT	JT					
800g	600g	800g	600g	700g	500g	600g	500g	400g	400g					

Age Group	Age Group Definitions	Event Restrictions
8 & 9	8 on day of competition & 9 years old on 31 August 2018	
10	10 years old on 31 August 2018	
U13	11 or 12 years old on 31 August 2018	Either 800m or 12/1500m
U15	13 or 14 years old on 31 August 2018	Either 800m or 1500m
U17	15 or 16 years old on 31 August 2018	
U20 (Junior)	17 years old and older on 31 August 2018 but under 20 years old on 31 August 2018	
Senior	20 years old and older on 31 August 2018	

INDIVIDUAL ENTRY FORM

SRAC Spring Open Grade Athletic Meeting

Saturday 5th May 2018 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 Entry box at the Sports Centre reception with full payment in an envelope marked SRAC- May OGM.

Or e-mail your entries to sracmembership@gmail.com , with payment being made on the day.

**Entries Close – midnight Tuesday 1st May 2018
(Late entries will not be accepted / No entries on the day)**