

Stornoway Running and Athletics Club OGM March 2019

Saturday 23rd March 2019 from 10:30 (Declarations from 9:15am)

(SA permit applied for– UKA Rules for Competition will apply)

Entries Close – Tuesday 19 th March (No late entries / No entries on the day)														
Venue – Smith Avenue, Stornoway.							First event at 10:30. Expected close by 4:30							
Age Group	Senior		U20		U17		U15		U13		10		8/9	
Max events	No Limit		5 events		MAXIMUM 3 EVENTS ONLY Y									
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	100	75	75	75	75
	200	200	200	200	200	200	200	200	200	200	150	150	150	150
	400	400	400	400	400	300	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	1500				
	5000	5000	5000	5000	-	-	-	-	-	-				
	400mH	400mH	400mH	400mH										
	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ				
	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
	TJ	TJ	TJ	TJ	TJ	TJ	TJ	TJ						
	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 2kg	DT 1kg	DT 1.75kg	DT 1kg	DT 1.5kg	DT 1kg	DT 1.25kg	DT 1kg	DT 1kg	DT 0.75kg				
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	Currently aged 8, and no older than 9 years old on 31 August 2019	
10	10 years old on 31 August 2019	
U13	11 or 12 years old on 31 August 2019	Either 800m or 1500m
U15	13 or 14 years old on 31 August 2019	Either 800m or 1500m
U17	15 or 16 years old on 31 August 2019	
U20 (Junior)	17 years old and older on 31 August 2019 but under 20 years old on 31 August 2019	
Senior	20 years old and older on 31 August 2019	

INDIVIDUAL ENTRY FORM 2019 (SA Permit applied for)

Saturday 23rd March 2019 from 10:30am

First Name:		Date of Birth:					
Last Name:		Gender:					
Address:							
Post Code:				Phone Number:			
Email address:							
Club:SRAC				Scottish Athletics Number:			
Age Group (circle/highlight)	8/9	10	U13	U15	U17	U20	SEN
I wish to enter the following events							
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'							
I consent to the photographing/videoing and publication of images of my involvement in this event <input type="checkbox"/> Yes <input type="checkbox"/> No							
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 at least a basic competence in technical events (throws, jumps and hurdles). Return this form with payment to the box at the Sports Centre in a sealed envelope marked SRAC MARCH OGM

Alternatively send by email to sracmembership@gmail.com (pay entry fee on the day).

**Entries Close – midnight Tuesday 19th March 2019
(Late entries will not be accepted / No entries on the day)**

GROUP ENTRY FORM

SRAC MARCH OGM 2019 (SA Permit applied for)

Saturday 23rd March from 10:30

Entries Close – Tuesday 19th March 2019 (No late entries / No entries on the day)

Contact Name and Address:				Club:	
				Email address:	
				Phone Number:	
Athlete Name	DoB	SA No	Age Group	Events	<i>Consent to use of photography</i>
<i>e.g. Murdo D MacLennan</i>	<i>23/4/02</i>	<i>SA19491</i>	<i>U13B</i>	<i>100m, 200m, HJ</i>	<input checked="" type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
ENTRY FEE is £5.00 per athlete.					
I enclose payment of £_____ for entry fees. Please make all cheques payable to 'Stornoway Running & Athletics Club'					
Declaration Signature:					Date:

Please refer to guidance on age group and event selection. Coaches should ensure athletes have at least a basic competence in technical events (throws, jumps and hurdles). Return this form with payment to the box at the Sports Centre in a sealed envelope marked SRAC-MARCH-OGM.

Alternatively send by email to sracmembership@gmail.com (pay entry fee on the day).

**Entries Close – midnight Tuesday 19th March 2019
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