



Falkirk
Community
Trust



GRANGEMOUTH STADIUM

**national indoor
athletics academy
outdoor open graded
athletics meetings
summer 2017**

ONLINE ENTRIES ONLY

late entries will not be accepted on the day

www.online-entries.co.uk

Outdoor Open Graded Athletic Meetings - 2017

Closing date for entries is Monday 12 noon before the meeting. **£3.10 per entry.**



TRACK	3 May	7 June	5 July	2 August	6 September
6.30pm	100m	Hurdles	100m	Hurdles	100m
7.30pm	150m	200m	100m	200m	150m
8.00pm	400/300m	800m	400/300m	800m	400/300m
8.30pm	1500m	3000m	1500m	3000m	1500m

FIELD	3 May	7 June	5 July	2 August	6 September
6.15pm	Long JumpJnr	High Jump Jnr	Long JumpJnr	High Jump Jnr	Long JumpJnr
	Shot Putt Snr	Shot Putt Snr	Shot Putt Snr	Shot Putt Snr	Shot Putt Snr
6.45pm	Pole Vault	Hammer	Pole Vault	Hammer	-
7.00pm	-	Triple Jump	-	Triple Jump	Javelin
7.15pm	Long Jump Snr	High Jump Snr	Long Jump Snr	High Jump Snr	Long Jump Snr
	Shot Putt Jnr	Shot Putt Jnr	Shot Putt Jnr	Shot Putt Jnr	Shot Putt Jnr
8.00pm	-	Discus	Javelin	Discus	-

Max 3 events per athlete | No U15 for 400m | No U11 for 1500m | No U11 or U13 for Triple Jump

Entry queries: og_event@online-entries.co.uk

All other queries: grangemouthstadium@falkirkcommunitytrust.org

Tel: **01324 504590**

- **Strictly NO NEEDLE/PIN SPIKES**, checks made at events, suitable spikes available to buy at Reception
- **Limited spaces available for each event**
- **Competitors must demonstrate competence in their event to compete**
- **High Jump minimum clearance height to enter = 1m**
- **Athletes must enter in appropriate age category**
- **Junior = u11 and u13 Senior = U15 and above**
- **Meetings open to male and female athletes u11 - veteran**
- **Athletes must be 9 year of age on competition day**
- **In accordance with British Athletics rules for competition athletes must be amateurs**
- **Volunteers required to continue meetings, please let Stadium staff know if you are willing to help**

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