



Orkney Athletic Club



OPEN COMPETITION Sunday 29th April 2018 The Pickaquoy Centre – 10.30am - 3.30pm

Step 1 – Personal Details

- Complete all Personal Details
- If athletes are registered with Scottish Athletics then SA number must be completed
- If athletes are not registered with Scottish Athletics please omit SA Number box.

Step 2 –Event Selection

- Athletes can select a maximum of 3 events**.
- If athletes have competed before, then their PB (Personal Best) should be entered in the boxes of the events selected, this is to ensure accurate seeding can take place.
- All athletes must pre-enter – No entries will be accepted on the day
- **Closing date for entries is Tuesday 17th April**
- Entry Fee is £5 for 1 event and £10 for 2 or more events
- Entries will ONLY be accepted when accompanied by Entry Fee payment
- Cheques should be made payable to Orkney Athletic Club

**Long Jump

Due to the volume of athletes that are wishing to do long jump and the pressure that this has on the overall competition timetable on the day we are going to have to set a limit within each age group that compete. Rather than set a qualifying standard we will limit the number of entrants within each age group in the long jump. Athletes wishing to be considered for the long jump should enter 4 events, if unsuccessful for the long jump their 4th option will be entered instead. It is very important for athletes to ensure that their pb's are listed on the entry form.

- Completed Entry forms should be with handed in at Club Training sessions or sent to Kirsty Swan, Competitions Clerk, Old Schoolhouse, Holm KW17 2SB **by Tuesday 17th April** (Email any queries to Kirsty at competition@orkneyathleticclub.co.uk)

Step 3 – General Information

- Declarations – Athletes must declare at least 30 mins before their event
- ALL declarations will close at 10.15 am
- UK Athletics Rules will apply
- Athletes will only race against those of similar ability or age within their age band. All Athletes will be based on ability where possible, regardless of age or sex – this is to ensure that each athlete gains appropriate competition.
- Races will be seeded as race A, B, C etc with the highest performing athletes in Race A.
- Field Event Trials (except High Jump)
 - U11's and U13's = 3 trials; Under 15's = 4 trials; U17+ = 6 trials

Step 4 - Declaration Declaration Signature: (Parent or Guardian if athlete Under 16)		Date:
Tick this box, if you DO NOT consent to photographs taken of you being used by Orkney Athletics Club for promotional purposes.		

MUST BE RETURNED BY 17TH APRIL



Orkney Athletic Club



- PLEASE ENSURE THIS FORM IS FULLY COMPLETED FOR ENTRANTS CORRECT AGE GROUP & GENDER
- PLEASE WRITE 'PBs' IN THE BOX BELOW EACH CHOSEN EVENT (DON'T JUST TICK THE BOX). FOR ENTRANTS WHO DON'T HAVE A PB WRITE 'NO PB' or 'NK' IF NOT KNOWN.
- IF ONE OF THE EVENTS CHOSEN IS LONG JUMP CLEARLY STATE WHICH OF THE OTHER EVENTS IS 'RESERVE' (I.E. WILL BE DROPPED IF QUALIFIES FOR LONG JUMP) OR WRITE 'NO RESERVE'.

Personal Details

First Name:	Date of Birth:
Last Name:	Male/Female (please delete as appropriate)
Address:	
Post Code:	Phone Number:
Email address:	
Club:	Scottish Athletics No:

UNDER 11's : Born between 01/09/07 – 31/08/09

Male	75m	150m	800m	High Jump	Long Jump	Shot Putt	Cricketball
PB							
Female	75m	150m	800m	High Jump	Long Jump	Shot Putt	Cricketball
PB							

UNDER 13's: Born between 01/09/05 – 31/08/07

Male	100m	200m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB								
Female	75m	150m	800m	1200m	High Jump	Long Jump	Shot Putt	Javelin
PB								

UNDER 15's: Born between 01/09/03 – 31/08/05

Male	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									
Female	100m	200m	300m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									

UNDER 17's

Born between 01/09/01 – 31/08/03

Male	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									
Female	100m	200m	300m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									

UNDER 20's

Born between 01/09/1999 – 31/08/01

Male	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									
Female	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									

SENIOR

Born before 31/08/1999

Male	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									
Female	100m	200m	400m	800m	1500m	High Jump	Long Jump	Shot Putt	Javelin
PB									

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