

<b>TRACK</b>	<b>5 Dec 2018</b>	<b>9 Jan 2019</b>	<b>13 Feb 2019</b>	<b>6 March 2019</b>
START 6.30pm	60m Hurdles	60M Hurdles	60m Hurdles	60m Hurdles
END 8pm	followed by	followed by	followed by	followed by
(Slow-fast)	60M Sprint 1	60M Sprint 1	60M Sprint 1	60M Sprint 1
	60M Sprint 2	60M Sprint 2	60M Sprint 2	60M Sprint 2

<b>FIELD</b>	<b>5 Dec 2018</b>	<b>9 Jan 2019</b>	<b>13 Feb 2019</b>	<b>6 March 2019</b>
6.15pm	Jnr Shot Putt	Jnr Shot Putt	Jnr Shot Putt	Jnr Shot Putt
6.30pm	Jnr Long Jump	Jnr Long Jump	Jnr Long Jump	Jnr Long Jump
7.15pm	High Jump	High Jump	High Jump	High Jump
7.30pm	Snr Long Jump	Snr Long Jump	Snr Long Jump	Snr Long Jump
8pm	Snr Shot Putt	Snr Shot Putt	Snr Shot Putt	Snr Shot Putt

Max 3 events per athlete | No U11 or U13 for Triple Jump

Entry queries: [og\\_event@online-entries.co.uk](mailto:og_event@online-entries.co.uk)

All other queries: [grangemouthstadium@falkirkcommunitytrust.org](mailto: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
- No entries on the night
- 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 years 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

# RULES FOR ATHLETIC COMPETITIONS

## Weight specifications

Revised Nov 14

Weight specifications for throwing implements

Groups	Age	Discus	Shot	Javelin	Hammer
U13 Boys	11 & 12	1 Kg	3.25 Kg	400 g	3 Kg
U15 Boys	13 & 14	1.25 Kg	4 Kg	600 g	4 Kg
U17 Men	15 & 16	1.5 Kg	5 Kg	700 g	5 Kg
Junior Men	17 to 19	1.75 Kg	6 Kg	800 g	6. Kg
Senior Men	20 & Over	2 Kg	7.26Kg	800 g	7.26 Kg
U13 Girls	11 & 12	0.75 Kg	2.72 Kg	400 g	3 Kg
U15 Girls	13 & 14	1 Kg	3. Kg	500 g	3 Kg
U17 Girls	15 & 16	1 Kg	3. Kg	500 g	3 Kg
Junior Women	17 to 19	1 Kg	4 Kg	600 g	4 Kg
Senior Women	20 & Over	1 Kg	4 Kg	600 g	4 Kg

## Track Events

Age restrictions for competition

Events	U13B	U15B	U17B	Jun Men	Sen Men	U13G	U15G	U17G	Jun Women	Sen Women
100m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
200m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
300m		Yes					Yes			
400m			Yes	Yes	Yes			Yes	Yes	Yes
800m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1500m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3,000m		Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes
5,000m			Yes	Yes	Yes			Yes	Yes	Yes
10,000m				Yes	Yes				Yes	Yes

U13s age group is for athletes born between 1/9/06 and 31/8/08

U15s age group is for athletes born between 1/9/04 and 31/8/06

U17s age group is for athletes born between 1/9/02 and 31/8/04

U20s age group is for athletes born between 31/12/99 and 31/8/02

Senior born before 31/12/99

U13, U 15 & U17 age group may compete in a maximum of 4 events on one day one of these must be a relay.

U13 age group are not allowed to compete in a 300m or 400m or a track event exceeding 1500m. They are not allowed to compete in more than one race between 600m & 1500m on the same day.

U15 age group are not allowed to compete in a track event exceeding 3000m. They are not allowed to compete in more than one different event between 600m & 3000m on the same day.

U17 age group are not allowed to compete in any track event exceeding 5000m.

U20 age group may compete in no more than 5 events on the same day.