



HI ATHLETICS Open Meeting with HIPPO Final

Saturday 8th September at Queen's Park Track, Inverness

ATHLETE INFO & ENTRY FORM Closing Date for entry is: **Sunday 2nd September**
 First event at 09:30am Expected close by 4:30pm

Open Meeting Events

Age Group	Senior		U20		U18		U16		U14		11 Year Olds		10 Year olds		9 Year Olds		Wheelchair			
Born in	1992 or earlier		1993/94		1995/96		1997/98		1999/00		2001		2002		2003					
Max events	No Limit				Max 5 events + relay		Max 3 events + relay													
Sex	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
Events available on the day	110H	100H	110H	100H	110H	100H	100H	80H	80H	75H	70H	70H	75	75	75	75	200	200		
	100	100	100	100	100	100	100	100	100	100	100	100	150	150	150	150	400	400		
	200	200	200	200	200	200	200	200	200	200	200	200	1200	1200	1200	1200	800	800		
	400	400	400	400	400	300	400	300	800	800	800	800	Long Jump	Long Jump	Long Jump	Long Jump				
	800	800	800	800	800	800	800	800	1500	1500	1500	1200	Shot	Shot	Shot	Shot				
	1500	1500	1500	1500	1500	1500	1500	1500	High Jump	High Jump	High Jump	High Jump								
	3000	3000	3000	3000	3000	3000	3000	3000	Long Jump	Long Jump	Long Jump	Long Jump								
	400H	400H	400H	400H	400H	400H	400H	400H	Shot	Shot	Shot	Shot								
	High Jump	High Jump	High Jump	High Jump	High Jump	High Jump	High Jump	High Jump	Jav	Jav	Jav	Jav								
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	DT	DT	DT	DT								
	Triple Jump*	Triple Jump*	Triple Jump*	Triple Jump*	Triple Jump*	Triple Jump*	Triple Jump*	Triple Jump*	HT*	HT*										
	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	3	2										
	7.26k	4k	6k	4k	5k	4k	4k	4k												
	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus												
	2k	1k	1.75k	1k	1.5k	1k	1.25k	1k												
	Jav	Jav	Jav	Jav	Jav	Jav	Jav	Jav												
	800g	600g	800g	600g	700g	600g	600g	600g												
	HT*	HT*	HT*	HT*	HT*	HT*	HT*	HT*												
	7.26k	4k	6k	4k	5k	4k	4k	3k												

***Triple Jump and Hammer**

Due to timetabling constraints, these events have the following entry standards:

Hammer
Men and Women 25m

Triple Jump
Men – 10.75
Women – 9.75

Entry as normal, indicating your Personal Best (as per listing on po10 site) on the entry form.

COMPETITION INFORMATION, RULES AND GUIDELINES

ENTRY - All athletes must pre-enter

NO entries accepted on the day (except relays)

Entry forms **ONLY** accepted with Entry Fee payment

1 event = £4 2 or more events = £6

Note: As per Scottish Athletics rules: non-SAL registered athletes will be charged an additional £2 levy per athlete. Register with Scottish Athletics online at www.scottishathletics.org.uk

Declarations: Athletes must declare at least 30mins before their event. **All** declarations close at 12pm.

Electronic Timing: will be in use

Vest & Numbers: Athletes must wear club or Scottish Colours. Vest numbers will be supplied. **Bring 8 pins.**

Track Spikes: maximum 7mm

First Aiders: will be in attendance

CAMERA & VIDEO EQUIPMENT: All camera and video equipment must be registered with the Sports Centre at reception prior to the start of the meeting. This is a Stadium Rule. Any refusal to cease recording with unauthorised equipment will result in removal of the person from Inverness Leisure premises.

IMPORTANT: For athlete safety, the use of portable electronic devices (including ipods and mobile phones) will not be permitted inside the competition area. Any such devices found in use within the competition area shall be confiscated by the Track/Field Referee. Devices will be returned to the athlete after their competition and can be collected and signed for at the Admin Block.

IMPORTANT INFORMATION FOR ATHLETES AGED 9, 10 AND 11

To ensure that athletes aged 9, 10 or 11 are racing against athletes of similar ability where possible seeding will be done on performance. Where personal bests (PB's) are not supplied seeding, if possible, will be done by age.

HI Athletics Open Meeting & HIPPO Final - Entry Form 8th September 2012



First Name:				Date of Birth:				
Last Name:						Sex:		
Address:								
Post Code:				Phone Number:				
Email address:								
Club:				Scottish Athletics No:				
Born in:	2003	2002	2001	1999/00	1997/98	1995/96	1993/94	1992 or earlier
Age Group (please circle)	9 yrs	10 yrs	11 yrs	U14	U16	U18	U20	SEN

I wish to enter the individual events:	PB in 2011/12	Age Group when you did PB
Please enter your PB (personal best) to ensure that you compete against athletes of similar ability		
I enclose payment of £_____ for entry fees. <u>Please make all cheques payable to 'HIPPO'</u>		
Declaration Signature: (Parent or Guardian if the athlete is aged 15 or younger)		Date:

COMPETITION INFORMATION, RULES AND GUIDELINES

Timetable: will be posted on the [scottishathletics](http://scottishathletics.com) website

Track Seeding: Athletes aged 9, 10 or 11 will only race against those of similar ability or age within this age band. Athletes aged U14 and older will be seeded 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. All U14 and over athletes will compete in the 'OPEN' competition.

Track 100m and 200m Info: For athletes running the 75m, 100m and 200m, a second run will be offered where the fastest athletes from the earlier races will qualify to race. The second run will be reseeded as A, B, & C finals with the fastest athletes in race A. The 75m will be 'A' only.

Field Events Seeding: All field events will be seeded into two or more pools where Pool A comprises the highest performing athletes. Athletes aged 9 & 10 will only compete against other 9 & 10 year olds. 11 year olds will compete with the 9 & 10 yr olds for Shot and Long jump – all other events they will compete in the Open competition.

Field Trials: (except High Jump and Pole Vault) Athletes aged 9, 10 & 11 will receive 3 trials. Note: where an 11 yr old competes in an open field event they will follow the rules for the open competition. For Open field events Pool B/C athletes have a min of 3 trials. Pool A all athletes have 6 trials.

Photography: Tick this box, if you DO NOT consent to photographs taken of you being used by Highland & Islands Athletics or HIPPO for promotional purposes.

Send completed forms with Entry Fee Payment to:

Sue Bell, 17 Springfield Court, Forres, IV36 3WY

**CLOSING DATE:
Sunday 2nd September**