



HIGHLANDS & ISLANDS ATHLETICS Open Meeting with HIPPO 1 & Multi Trials

Saturday 15th April at Queen's Park Track, Inverness

ATHLETE INFO & ENTRY FORM Closing Date for entry is: 7th April

First event at 09:00am Expected close by 4pm

New for 2012 incorporating Multi-Event Trials

11yrs B/G	U14G	U14B U16G	U16B	U18G	U18B	U20W Sen W	U20M	Sen M
Shot 70H Long J 200m	Long J 75H Shot High 800	Long J 80H High J Shot 800	Long J 100H High J Shot (4) 800	100H Shot (4) High J Long J 800	110H Shot (5) Long J High J 800	100H Shot (4) High J Long J 800	Long J Javelin 200m Discus 1500	Long J Javelin 200m Discus 1500

Multi-events entry fee is £6 – you cannot enter any other events

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	100	100	100	100	100	100	100	100	100	100	100	100	75	75	75	75	200	200
	200	200	200	200	200	200	200	200	200	200	200	200	150	150	150	150	400	400
	400	400	400	400	400	300	400	300	800	800	800	800	800	800	800	800	800	800
	800	800	800	800	800	800	800	800	80H	75H	70H	70H	LJ	LJ	LJ	LJ		
	3000	3000	3000	3000	3000	3000	3000	3000	LJ	LJ	LJ	LJ	SP 2.72K	SP 2.72K	SP 2.72K	SP 2.72K		
	110H	100H	110H	100H	110H	100H	100H	80H	SP 3.25K	SP 2.72K	SP 2.72K	SP 2.72K						
	HJ	HJ	HJ	HJ	HJ	HJ	LJ	LJ	Jav 600g	Jav 400g	Jav 400g	Jav 400g						
	TJ	TJ	TJ	TJ	TJ	TJ	TJ	TJ										
	SP 7.26	SP 4K	SP 6K	SP 4K	SP 5K	SP 4K	SP 4K	SP 3.25K										
	Jav 800g	Jav 600g	Jav 800g	Jav 600g	Jav 700g	Jav 600g	Jav 600g	Jav 600g										

Discus

Due to timetabling constraints we are only able to offer Discus for athletes aged 11 and older provided they have achieved a PB of 25m as shown on the 2011 Power of 10 rankings.

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 Multi = £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.

2012 HI Athletics Open Meeting & HIPPO 1 - Entry Form 15^h April 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 Multi Event Trials in the age group circled above
NB you cannot enter any other additional events**

Please tick

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** 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: New to 2011, for athletes running the 75m, 100m and 200m, a 'Final' will also be run where the fastest athletes from the earlier races will qualify to race. The Finals will be reseeded as A, B, & C finals with the fastest athletes in race A. The 75m will be 'Final 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:
Saturday 7th April**