



INVERNESS  
**HARRIERS**  
AMATEUR ATHLETICS CLUB

## OPEN GRADED MEETING - 14TH APRIL 2019

### INFORMATION SHEET

The meeting will be governed under a SAL permit and UKA Rules  
All races will have photo finish available

**Pre -Entries** - must be with the organiser by Sunday 7th April 2019 with the correct entry fees enclosed.

**Numbers** - must be worn in accordance of UKA rules, be clearly visible at all times when competing and secured firmly on the chest, especially for track events.

**Registration** – will be from 8.30am in the Admin Building at Queens Park Stadium and all athletes must register at least one hour before their event start time. This is to allow heats to be allocated. Any athletes not registered in time will not be allowed to compete. The first field event (Hammer) starts at 10am with the first track events starting at 11am. See the timetable for your event start time.

**Hammer** - is for throwers already being coached regularly

**High Jump** - Will have a starting height of 1.40m and is open to all age groups. Do not enter if you have not cleared this height in previous competitions.

**Long Jump & Throws** - All athletes will have 3 trials and age groups under 15 upwards will be given 3 extra trials providing they finish in the top 6 of their pool.

**Track events** - Athletes in all age groups must supply an accurate personal best or time so that they can be graded in an appropriate heat.

**Please note:**

**Rule 107 (Under 15)** *(iv) No athlete in this age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.*

*(v) Under 15 athletes may compete against Under 17 Men and Women, as appropriate, in track events not exceeding 1500 metres (but not steeplechase), subject to any limitations as to standard laid down by the organisers. They may not take part in competitions for older athletes other than those in the Under 17 age group.*

**General** - All event times are approximate and subject to change on the event day. Athletes must be at least 9 years of age on day of competition. Athletes must register strictly at least one hour before their event start time. **No late entries.**





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### TIMETABLE

TRACK		FIELD	
11.00 800mtrs	U13 Girls U13 Boys U15 Girls U 15 Boys U17 Fem U17 Men U20 Fem Sen Fem U20 Men Sen Men	10.00 Hammer	U15+ M+F
11.45 100mtrs	Sen M+F U20 M+F U17 M+F U15 M+F U13 M+F U11 M+F	11.00 High Jump (1.40m SH) Shot Putt Long Jump	All Age Groups U11 M+F U13 M+F
12.45 300/400mtrs	Sen M+F U20 M+F U17 M+F U15 M+F	12.00 Shot Putt Long Jump Discus	U13 M+F U15/17 M+F U17+ M+F
14.00 3000mtrs	Sen M+F U20 M+F U17 M+F U15 M+F	13.00 Discus Shot Putt Long Jump	U13/15 M+F U17 + M+F U11 M+F
		14.00 Shot Putt Triple Jump	U15 M+F U17, U20, SEN M+F

#### NOTE

**Hammer** - Invitation will be for throwers who are in regular training for the event only.

**High Jump** - must have a recorded jump of at least 1.40m in a previous competition.

**Long Jump** - Under 11 and under 13 age groups will have 3 trials only. Age groups under 15 + will have a further 3 trials if they finish in the top 6 of their pool after 3 trials.