

PRE- ENTRY OPEN MEDAL MEETING

David Keswick Athletic Centre, Dumfries

held under UKA Rules - **Scottishathletics** permit event



Sunday 30th April 2017

12 noon start

Provisional timetable for meeting

Medals will be awarded to the first three in all events – events are graded on the day – no heats

Maximum of 3 events for all athletes up to and including U17

There will be no races for Under 9s at this meeting

TIME	EVENT	SM/ U20	SW/ U20	U17M	U17W	U15B	U15G	U13B	U13G	U11B	U11G
12.00	Shot Put	X	X	X	X	X	X	X	X		
12.00	80m/100m	X	X	X	X	X	X	X	X	80	80
12.00	Long jump							X	X		
13.00	High jump		X		X		X		X		
13.00	Long jump									X	X
13.30	Javelin	X	X	X	X	X	X	X	X		
13.30	High Jump	X		X		X		X			
13.30	800m/600m	X	X	X	X	X	X	X	X	600	600
14.00	200/150m	X	X	X	X	X	X	X	X	150	150
14.00	Long jump					X	X				
14.30	Cricket ball									X	X
15.00	1500m	X	X	X	X	X	X	X	X		
15.00	Long jump	X	X	X	X						

*Groupings for field events may change according to entry numbers in consultation with the athletes. High jump may go as 1 or 2 competitions.

STRICTLY PRE-ENTRY ONLY FOR THIS MEETING

Entries £2.00 each event

The timetable is accurate as far as possible but we guarantee that no event will start before the time stated

If you require directions to the David Keswick Athletic Centre, please send SAE with your entry

Numbers issued on the day – please bring your own safety pins

Final date for receipt of postal entries Saturday 22nd April – cheques payable to Nithsdale Athletic Club

Please send entries to: Nigel Scott, 52 Riverbank, Gatehouse, DG7 2JZ Tel No: 01557 814665

****Please retain this part of the form for information****



Name..... Date of Birth Age on 31st August.....

Club Scottishathletics No. or equivalent

Events entered 1..... (PB)..... 2..... (PB).....

3..... (PB)..... Payment enclosed £

I agree to the above named athlete having photographs taken for publicity purposes.

Signature of athlete (parent if under 17 years)