



Falkirk
**Community
Trust**



GRANGEMOUTH STADIUM

**National indoor
athletics academy
Indoor open graded
athletics meetings
Winter 2016 - 2017**

ONLINE ENTRIES ONLY

late entries will not be accepted on the day

www.online-entries.co.uk

Full details:

www.falkirkcommunitytrust.org/venues/grangemouth-stadium/ogm.aspx

Indoor Open Graded Athletic Meetings 2016 - 2017

Closing date for entries is Monday 12 noon before the meeting. **£3.00 per entry.**



TRACK	07/12/2016	11/01/2017
START 6.45PM ENDS 8.00PM (Slow-fast)	60m Hurdles	60m Hurdles
	followed by	followed by
	60m Sprint 1	60m Sprint 1
	60m Sprint 2	60m Sprint 2

FIELD	07/12/2016	11/01/2017
6.15pm	Shot Putt Jnr	Shot Putt Jnr
6.30pm	Long Jump Jnr	Long Jump Jnr
7.15 pm	High Jump	High Jump
7.30PM	Long Jump Snr	Long Jump Snr
8.00PM	Shot Putt Snr	Shot Putt Snr

Triple Jump by request at organisers discretion

High Jump minimum height entry 1m

Athletes must compete in appropriate age category only

Jnr = u11, u13. Snr = u15+

Pole Vault will take place each TUESDAY immediately before the above OGM and will start at 6.45pm.

Entry queries: og_event@online-entries.co.uk

All other queries: grangemouthstadium@falkirkcommunitytrust.org

Tel: **01324 504590**

Reminder that strictly NO Needle/Pin spikes on the outdoor track. Correct spikes are available to purchase at our reception desk.

- Limited spaces available for each event.
- Meetings open to male and female athletes on age groups U11 to Veteran. Athletes MUST be 9 years of age on day of competition. Athletes MUST be amateurs according to British Athletics rules for competition.
- Only payment in full secures entry.
- Programme may include or be supplemented by additional Falkirk Community Trust athletics events.
- Additional car parking available at rear of Grangemouth Stadium.

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