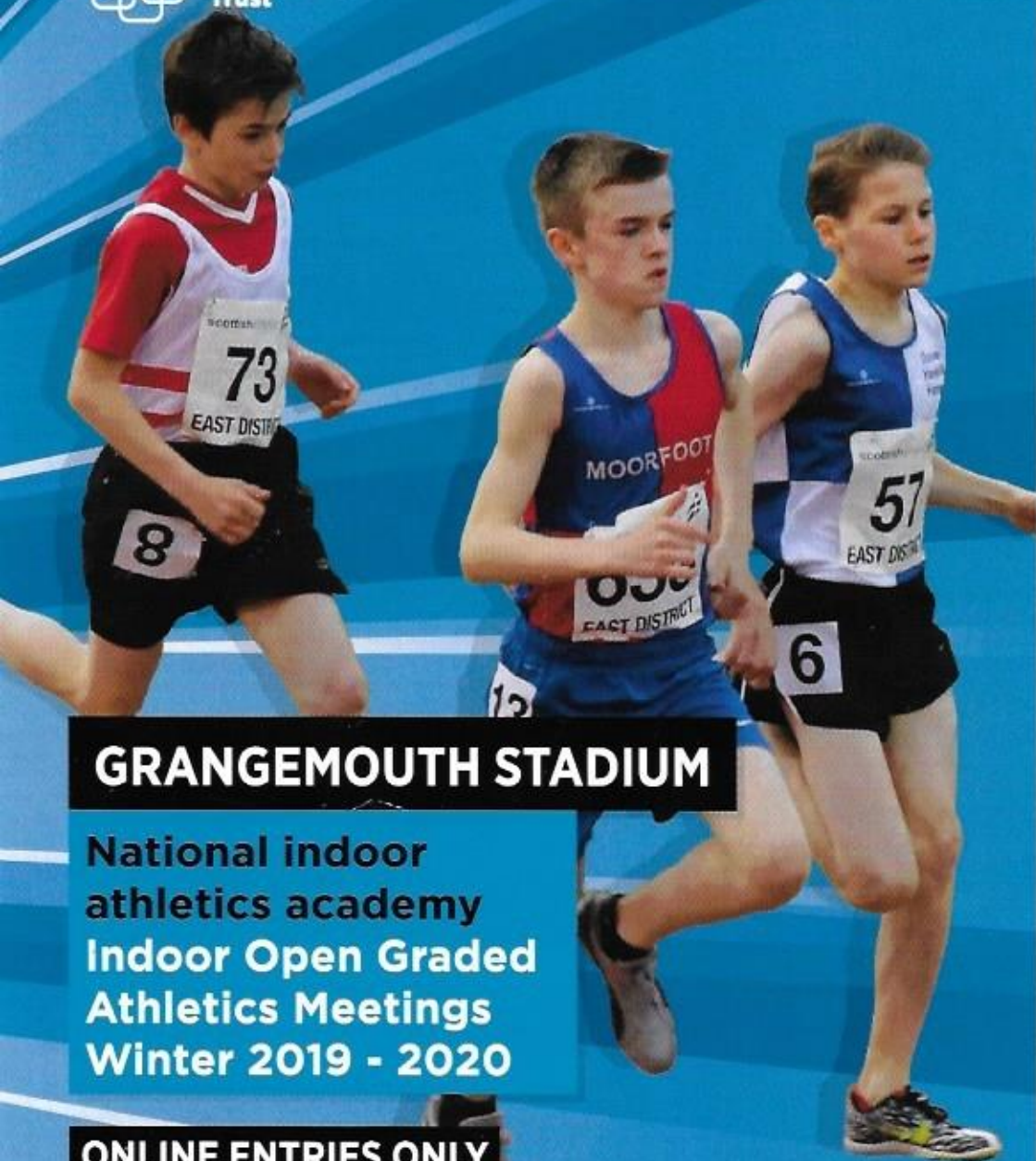




Falkirk
Community
Trust



GRANGEMOUTH STADIUM

National indoor
athletics academy
Indoor Open Graded
Athletics Meetings
Winter 2019 - 2020

ONLINE ENTRIES ONLY

late entries will not be accepted on the day

www.online-entries.co.uk

Indoor Open Graded Athletic Meetings 2019 - 2020



Closing date for entries is Monday 12 noon before the meeting. **£3.20 per entry.** Please note all OG meetings subject to change/cancellation.

| TRACK | 4 Dec 2019 | 8 Jan 2020 | 12 Feb 2020 | 11 March 2020 |
|--------------|--------------|--------------|--------------|---------------|
| START 6.30pm | 60m Hurdles | 60M Hurdles | 60m Hurdles | 60m Hurdles |
| END 8pm | followed by | followed by | followed by | followed by |
| (Slow-fast) | 60M Sprint 1 | 60M Sprint 1 | 60M Sprint 1 | 60M Sprint 1 |
| | 60M Sprint 2 | 60M Sprint 2 | 60M Sprint 2 | 60M Sprint 2 |

| FIELD | 4 Dec 2019 | 8 Jan 2020 | 12 Feb 2020 | 11 March 2020 |
|--------|---------------|---------------|---------------|---------------|
| 6.15pm | Jnr Shot Putt | Jnr Shot Putt | Jnr Shot Putt | Jnr Shot Putt |
| 6.30pm | Jnr Long Jump | Jnr Long Jump | Jnr Long Jump | Jnr Long Jump |
| 7.15pm | High Jump | High Jump | High Jump | High Jump |
| 7.30pm | Snr Long Jump | Snr Long Jump | Snr Long Jump | Snr Long Jump |
| 8pm | Snr Shot Putt | Snr Shot Putt | Snr Shot Putt | Snr Shot Putt |

Max 3 events per athlete | No U11 or U13 for Triple Jump

Pole Vault OGM competition dates: 6.30pm

| | | | |
|------------|------------|-------------|---------------|
| 3 Dec 2019 | 7 Jan 2020 | 11 Feb 2020 | 10 March 2020 |
|------------|------------|-------------|---------------|

Subject to Officials.

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

All other queries: Angela.kirkwood@falkirkcommunitytrust.org

Tel: 01324 504590

- Strictly NO NEEDLE/PIN SPIKES, checks made at events, suitable spikes available to buy at Reception
- Limited spaces available for each event
- No entries on the night
- Competitors must demonstrate competence in their event to compete
- High Jump minimum clearance height to enter = 1m
- Athletes must enter in appropriate age category
- Junior = u11 and u13/Senior = U15 and above
- Meetings open to male and female athletes u11 - veteran
- Athletes must be 9 years of age on competition day
- In accordance with British Athletics rules for competition athletes must be amateurs
- **Volunteers required to continue meetings, please let Stadium staff know if you are willing to help.**



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