



# Shetland Amateur Athletics Club

## Spring Open Championships

Sponsored by:  **TLDallas**  
INSURANCE SINCE 1919

**Sunday 25<sup>th</sup> March, 2018**

**Clickimin Athletics Track: 11am – 5pm**

### OPEN MEET AVAILABLE EVENTS

Senior Born before 31/12/98		U20 31/12/98 to 31/8/01		U17 1/9/01 to 31/8/03		U15 1/9/03 to 31/8/05		U13 1/9/05 to 31/8/07	
M	F	M	F	M	F	M	F	M	F
100	100	100	100	100	100	100	100	100	100
200	200	200	200	200	200	200	200	200	200
400	400	400	400	400	300	300	300		
800	800	800	800	800	800	800	800	800	800
3000	3000	3000	3000	3000	3000	3000	3000		
LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ
TJ	TJ	TJ	TJ	TJ	TJ	TJ	TJ	SP	SP
SP	SP	SP	SP	SP	SP	SP	SP	JT	JT
JT	JT	JT	JT	JT	JT	JT	JT		
DT	DT	DT	DT	DT	DT	DT	DT		
HT	HT	HT	HT	HT	HT	HT	HT		
110H	100H	110H	100H	100H	80H	80H	75H	75H	70H
400H	400H	400H	400H	400H	300H				

U13 / U15 / U17 can compete in max of 3 events + relay

U20 / Senior can compete in a max of 5 events + relay

U13/15 No athlete in this age group is allowed to run in more than one different event between 600m and 3000m inclusive on the same day (24hr period).

### General Information

**All athletes must pre-enter – NO entries will be accepted on the day**

Closing date for entries is **Friday 16<sup>th</sup> March**

**Entry fee:** U13 to Senior £2 per event.

Entries will only be accepted when accompanied by the appropriate fees

Completed entry forms should be either handed in (**in an envelope**) at club training or sent to  
[Charlotte Black, Skalberg, Dunrossness, Shetland ZE2 9JH](mailto:c.black@shetlandtimes.co.uk)  
Queries to [c.black@shetlandtimes.co.uk](mailto:c.black@shetlandtimes.co.uk) or phone 07769961449.

**DECLARATIONS:** On the day athletes MUST declare at least 30 minutes before their event.  
Last declarations 1pm.

**Full timetable will be issued prior to event on SAAC website and by email**

**Under UK Athletics Rules • scottishathletics permit event**



# Shetland Amateur Athletics Club

## Spring Open Entry Form

Sponsored by:



First Name						D.O.B.		
Surname						Male/Female (please delete as appropriate)		
Address								
Post Code				Contact Phone Number				
Email Address								
Club					Scottish Athletics Number			
Born In	Before 31/12/98	31/12/98 – 31/8/01	1/9/01 – 31/8/03	1/9/03 – 31/8/05	1/9/05 – 31/8/07	Age Group		Please select
Age Group	Senior	U20	U17	U15	U13			

I wish to enter the following event/s	Personal Best (PB's) if known

**Entry fee: £2 per event.**

**I enclose payment of £** \_\_\_\_\_

Please make cheques payable to Shetland Amateur Athletics Club

Declaration Signature:  
(Parent/Carer if U17)

Date:

Check this box, if you DO NOT consent to photographs taken of you being used by Shetland Amateur Athletics Club for promotional purposes

### COMPETITION INFORMATION

**DECLARATIONS:** On the day athletes MUST declare at least 30 minutes before their event. Last declarations 1pm.  
**Full timetable will be issued prior to event on SAAC website and by email**

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### TRACK SEEDING

Athletes will only race against those of similar ability or age within the age band. Athletes aged U13 and older will be based on ability where possible, regardless of age or sex - this is to ensure each athlete gains appropriate competition. Races will be seeded as Race A, B, C etc, with the highest performing athletes in Race A.

### FIELD EVENT TRIALS (except High Jump)

U13, U15, U17, U20 & Senior

3 trials with top 8 getting a further 3 trials