



HIGHLANDS & ISLANDS ATHLETICS OPEN MEETING WITH HIPPO 2

Sunday 14th August Queen's Park Track, Inverness

ATHLETE INFO & ENTRY FORM Closing Date for entry is: 8th August

IMPORTANT INFORMATION FOR ATHLETES AGED 9, 10 AND 11

To ensure that athletes aged 9, 10 or 11 are racing against athletes of similar ability where possible seeding will be done on performance. Where personal bests (PB's) are not supplied seeding, if possible, will be done by age.

2011 Competition Series Dates

All at Queen's Park Track, Inverness

H&I Athletics OM with HIPPO 1 - Sunday 2nd April
H&I Athletics OM with HIPPO 2 - Sunday 14th August
H&I Athletics OM with HIPPO Grand Final - Saturday 17th September

COMPETITION INFORMATION, RULES AND GUIDELINES

ENTRY - All athletes must pre-enter

NO entries accepted on the day (except relays)
Entry forms ONLY accepted with Entry Fee payment
1 Event = £4 2 or more Events = £6

Note: As per Scottish Athletics rules: non-SAL registered athletes will be charged an additional £2 levy per athlete. Register with Scottish Athletics online at www.scottishathletics.org.uk

Declarations: Athletes must declare at least 45mins before their event. All declarations close at 12pm.

Electronic Timing: will be in use

Vest & Numbers: Athletes must wear club or Scottish Colours. Vest numbers will be supplied. Bring 8 pins.

Track Spikes: maximum 7mm

First Aiders: will be in attendance

CAMERA & VIDEO EQUIPMENT: All camera and video equipment must be registered with the Sports Centre at reception prior to the start of the meeting. This is a Stadium Rule. Any refusal to cease recording with unauthorised equipment will result in removal of the person from Inverness Leisure premises.

IMPORTANT: For athlete safety, the use of portable electronic devices (including ipods and mobile phones) will not be permitted inside the competition area. Any such devices found in use within the competition area shall be confiscated by the Track/Field Referee. Devices will be returned to the athlete after their competition and can be collected and signed for at the Admin Block.

Sunday 14th August 2011 First events at 10am Expected close by 3pm

Entries Close – Monday 8th August 2011 Venue – Queen's Park Track Inverness

Age Group	Senior		U20		U18		U16		U14		11 Year Olds		10 Year olds		9 Year Olds		Wheelchair	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Born in	1991 or earlier		1992/93		1994/95		1996/97		1998/99		2000		2001		2002			
Max events	No Limit		Max 5 events + relay		Max 3 events + relay													
Sex	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Events available on the day	100	100	100	100	100	100	100	100	100	100	100	100	75	75	75	75	200	200
	200	200	200	200	200	200	200	200	200	200	200	200	150	150	150	150	400	400
	400	400	400	400	400	400	400	1500	1500	1500	1500	1200	800	800	800	800	800	800
	1500	1500	1500	1500	1500	1500	1500	300H	HJ	HJ	HJ	HJ	LJ	LJ	LJ	LJ		
	400H	400H	400H	400H	400H	300H	300H	3000	SP 3.25Kg	SP 2.72Kg	LJ	LJ	SP 2.72Kg	SP 2.72Kg	SP 2.72Kg	SP 2.72Kg		
	3000	3000	3000	3000	3000	3000	3000	TJ	HAM 3Kg	HAM 2Kg	SP 2.72Kg	SP 2.72Kg						
	TJ	TJ	TJ	TJ	TJ	TJ	TJ	HJ	PV	PV								
	HJ	HJ	HJ	HJ	HJ	HJ	HJ	PV										
	PV	PV	PV	PV	PV	PV	PV	SP 3.25Kg										
	SP 7.26Kg	SP 4Kg	SP 6Kg	SP 4Kg	SP 5Kg	SP 4Kg	SP 4Kg	Ham 3Kg										
Ham 7.26Kg	Ham 4Kg	Ham 6Kg	Ham 4Kg	Ham 5Kg	Ham 4Kg	Ham 4Kg												

Note:
Steeplechase will be offered for M & F athletes aged U16 and up.
Please indicate on your entry form if you wish to enter the steeplechase.

Non scoring 4x100 composite (cross age/sex/club) Entry on the day

2011 HI Athletics Open Meeting & HIPPO 2 - Entry Form 14th August



First Name:				Date of Birth:				
Last Name:				Sex:				
Address:								
Post Code:				Phone Number:				
Email address:								
Club:				Scottish Athletics No:				
Born in:	2002	2001	2000	1998/99	1996/97	1994/95	1992/93	1991 or earlier
Age Group (please circle)	9 yrs	10 yrs	11 yrs	U14	U16	U18	U20	SEN
Please enter your PB (personal best) to ensure that you compete against athletes of similar ability								
I wish to enter the following events			PB in 2010/11			Age Group when you did PB		
I enclose payment of £_____ for entry fees. <u>Please make all cheques payable to 'HIPPO'</u>								
Declaration Signature: (Parent or Guardian if the athlete is aged 15 or younger)						Date:		

COMPETITION INFORMATION, RULES AND GUIDELINES

Timetable: will be posted on the [scottishathletics](http://scottishathletics.com) website

Track Seeding: Athletes aged 9, 10 or 11 will only race against those of similar ability or age within this age band. Athletes aged U14 and older will be seeded based on ability where possible, regardless of age or sex - this is to ensure that each athlete gains appropriate competition. Races will be seeded as Race A, B, C etc with the highest performing athletes in Race A. All U14 and over athletes will compete in the 'OPEN' competition.

Track 200m Info: New to 2011, for athletes running the 200m, a '200m Final' will also be run where the fastest athletes from the earlier races will qualify to race. The 200m Finals will be reseeded as A, B, & C finals with the fastest athletes in race A.

Field Events Seeding: All field events will be seeded into two or more pools where Pool A comprises the highest performing athletes. Athletes aged 9 & 10 will only compete against other 9 & 10 year olds. 11 year olds will compete with the 9 & 10 yr olds for Shot and Long jump – all other events they will compete in the Open competition.

Field Trials: (except High Jump and Pole Vault) Athletes aged 9, 10 & 11 will receive 3 trials. Note: where an 11 yr old competes in an open field event they will follow the rules for the open competition. For Open field events Pool B/C athletes have 3 trials. For Pool A all athletes have 3 trials and where entry number allow a further 3 trials maybe awarded.

Photography: Tick this box, if you DO NOT consent to photographs taken of you being used by Highland & Islands Athletics or HIPPO for promotional purposes.

Send completed forms with Entry Fee Payment to:

John Findlayson, 15 Woodlands Terrace, Westhill
Inverness IV2 5DP

CLOSING DATE: 8th August