

Metric Miler Meetings

Athlete entry: £5

Spectator fee: £2 (children under 12 free)

Coach entry: free (with coaching pass)

Glasgow Athletics Association

3000m

Wednesday 28th December 2011 - *Yuletide Meeting*

Tuesday 3rd January 2012 - *New Years Bash*

Entries Close on Wednesday 21st December 2011

The 3000m will be limited to four races and is for U15 age group and older

Start lists and race timetable will be published online at

www.glasgowathletics.org.uk before the meeting

- The competition will start at 1330 and races will adhere to the timetable.
- All races will be paced
- All races will be seeded on current Power of 10 data
- Entries will be by pre-entry only and will be available online at the BMC Website at www.britishmillersclub.com
- Electronic timing will be available

If you have not received an email confirmation of your entry within 24 hours of making it please contact: mark.pollard@scottishathletics.org.uk

The purpose of these meetings is to provide two opportunities for fast 3,000m races in Scotland over the holiday period. The 3,000m is an endurance event that recently has not contested very often during the indoor season in Scotland and we hope that the two meeting allow:

- Indoor specialists to use them as over distance work before tackling shorter middle distance races as their season progresses
- Cross country runners can use it as speed work before refocusing on longer races as the cross country season come to a peak

We are looking to have four 3,000m races with a maximum of 16 athletes in each race (U15 to U16 can enter the 3k).

GENERAL COMPETITION NOTES

- All entries except the paced 3000m races should be completed on the official entry form (see over). 3000m races should be made via the BMC Website.
- Registration of events will begin two hours before the first timetabled event. Entries shall close 30 minutes before each event until one hour after the first timetabled track event when entries shall close for all events.
- Competition groups for these meetings are under 12 through to masters, male and female athletes and age groups are those, which athletes compete in during the season 2011. Competitors must be aged 9 years old on the day of the meeting to participate. Athletes may only compete in events as per UK Athletics Rules.
- Start times of events are indicative but will follow the programme order.
- Anticipated start times of events will be announced throughout the meetings.
- Track events will be seeded according to performance, not age group.
- Track events will run fastest heat through to slowest heat.
- When two 60m races are scheduled athletes may run both 60m races for the price of one. Athletes may also run one 60m race (1st or 2nd race as requested). Please mark clearly on entry.
- Progression for High Jump.

HIGH JUMP

Day One.

High Jump 1 – 1.48, 1.53, 1.58, 1.63, 1.68, 1.72, 1.76, 4cms to 1.96, 1.99, 2.02, 2.05, 2.08. 3cm increments.

High Jump 2 – 1.01, 1.06, 1.11, 1.16, 1.21, 1.26, 1.31, 1.36, 1.41, 1.45, 1.49, 1.53, 1.57, 1.60, 1.63, 1.66, 1.69, 3cm increments.

Day Two.

High Jump 1 – Start height will be 1.46m and increment progression will be the same as 28 Dec.

High Jump 2 – Start height will be 1.03m and increment progression will be the same as 28 Dec.

POLE VAULT

Day One.

Pole Vault 1 – 3.07, 3.21, 3.35, 3.49, 3.60, 3.71, 3.82, 3.93, 4.04, 4.14, 4.24, 4.34, 4.39, 4.44, 5cm increments.

Pole Vault 2 – 2.07, 20 cm increments to 3.17, 3.31, 3.45, 3.59, 3.63, 3.74, 3.85, 3.96, 4.07, 4.17, 4.27, 4.37, 4.47, 5cm increments

Day Two.

Pole Vault 1 – Start height will be 3.12m and increment progression will be the same as 28 Dec.

Pole Vault 1 – Start height will be 2.12m and increment progression will be the same as 28 Dec.

- There will be no stadium poles for the pole vault.
- In throws and horizontal jumps events, all Under 20 and Senior Athletes shall receive six attempts. Athletes in the U12/U14/U16/U18 age groups shall receive four attempts. Further attempts may be allowed at the meeting manager's discretion.
- Where possible and when appropriate, Senior and Under 20 athletes will compete together and separate from Under 12-16 athletes in all events.
- Cost per event. Pre-entry Price - £3.00 per event. On The Day Price - £5.00 per event.
- Non Athletics Scotland Members charge per meeting - £2.50 per event.
- Spectators - Adults £2.00
- For further information go to www.glasgowathletics.org.uk and requests for events, contact Glasgow Athletics Association on 0141 287 7025 or e-mail sean.watson@glasgowlife.org.uk.



GLASGOW WINTER COMPETITION PROGRAMME 2011/12

GLASGOW ATHLETICS ASSOCIATION

SUPPORTING ATHLETICS IN GLASGOW

Venue: Kelvin Hall ISA
Yuletide Meet

Wednesday 28th December
11:00 Track & Field

Glasgow New Year's Bash
Tuesday 3rd January
11:00 Track & Field

Save money by pre-entering these meets!
Price per event for pre-entry: £3
Price per event on the day: £5
Spectator Fee: £2



For further information
www.glasgowlife.org.uk www.glasgowathletics.org.uk
0141 276 0570 / 0141 287 7025

Yuletide Meet 28 December 2011

Day 1 - Track

1100	60m	Round 1	All Ages
1130	60m Hurdles		All Ages
1200	200m		All Ages
1230	60m	Round 2	All Ages
1300	Lunch		
1330	3,000m A Race*		U16/U18/SNR
1344	3,000m B Race*		U16/U18/SNR
1358	3,000m C Race*		U16/U18/SNR
1412	3,000m D Race*		U16/U18/SNR
1430	800m Heats		U14/U16
1600	Swedish Relay	400,200,200,100	All Ages

Day 1 - Field

1100	Shot Putt	U12/U14
	Long Jump	U16/U18
	High Jump	U18 + SH 1.48m
	Pole Vault	SH 2.07m
1200	Shot Putt	U16/U18
	Long Jump	Free Take Off
1300	Triple Jump	All Ages
	High Jump	SH 1.01m
	Shot Putt	U20+
1400	Long Jump	U20+
	Pole Vault	SH 3.07m

New Year's Bash 3 January 2012

Day 2 - Track

1100	60m	Round 1	All Ages
1130	60m Hurdles		U20/Senior
1150	300m/400m		U16
1230	60m	Round 2	All Ages
1300	Lunch		
	ENDURANCE		
1330	3,000m A Race*		U16/U18/SNR
1344	3,000m B Race*		U16/U18/SNR
1358	3,000m C Race*		U16/U18/SNR
1412	3,000m D Race*		U16/U18/SNR
1430	800m Heats		U14/U16
1600	Swedish Relay	400,200,200,100	All Ages

Day 2 - Field

1100	Shot Putt	U12/U14
	Long Jump	U16/U18
	High Jump	U18 + SH 1.46m
	Pole Vault	SH 2.12m
1200	Shot Putt	U16/U18
	Long Jump	U12 / U14 Free Take Off
1300	Triple Jump	All Ages
	High Jump	SH 1.03m
	Shot Putt	U20+
1400	Long Jump	U20+
	Pole Vault	SH 3.12m

ENTRY FORM

Name

Club/School

Date of Birth

Age Group (2012)
(U14,U16,U18, U20 and Senior)

Address

Email Address

Telephone Number

Mobile Number

SAL Membership No

Competition (Please Tick) **28th December 2011** **3rd January 2012**

Event 1 Best Performance

Anticipated Performance

Event 2 Best Performance

Anticipated Performance

Event 3 Best Performance

Anticipated Performance

Event 4 Best Performance

Anticipated Performance

Please indicate by ticking the box if you wish to run both 60m

Signed

Entries should be sent to:
Glasgow Athletics Association
C/O Glasgow Sport
Sport and Events
20 Trongate G1 5ES

To Milers Meet please enter online at www.britishmilersclub.com

Cheques should be made payable to
Glasgow Athletics Association.
The closing date for Pre-Entry is Friday 16th
December 2011.