

# TRACK EVENTS



<i>Time</i>	<i>Event</i>	<i>Age Group</i>
10.30	400m Hurdles	U17M / U20M / Senior Men
10.35	300 / 400m Hurdles	U17F / U20F / Women
10.40	100m HEATS	U11 Females
10.45	100m HEATS	U11 Males
10.50	100m HEATS	U13 Females
10.55	100m HEATS	U13 Males
11.00	100m HEATS	U15 Females
11.05	100m HEATS	U15 Males
11.10	100m HEATS	U17F / U20F / Women
11.15	100m HEATS	U17M / U20M / Senior Men
11.20	1500m	U13 / U15 Females
11.30	1500m	U13 Males
11.40	1500m	U17F / U20F / Women + U15 Males
11.50	1500m	U17M / U20M / Senior Men
12.00	110m Hurdles HEATS	U20M / Senior Men
12.10	100m Hurdles HEATS	U17 Males
12.15	100m Hurdles HEATS	U20 / Women
12.25	80m Hurdles HEATS	U15 Males
12.30	80m Hurdles HEATS	U17 Females
12.40	75m Hurdles HEATS	U15 Females
12.45	75m Hurdles HEATS	U13 Males
12.55	70m Hurdles HEATS	U13 Females
13.05	400m	U17M / U20M / Senior Men
13.10	400m	U15 Males
13.20	400m	U20F / Women
13.25	300m	U17 Females
13.30	100m FINALS	All age groups (U11's → Seniors)
14.00	200m HEATS	U13 Females
14.05	200m HEATS	U13 Males
14.10	200m HEATS	U15 Females
14.15	200m HEATS	U15 Males
14.20	200m HEATS	U17F / U20F / Women
14.25	200m HEATS	U17M / U20M / Senior Men
14.30	800m	U11 Females
14.35	800m	U11 Males
14.40	800m	U13 Females
14.45	800m	U13 Males
14.50	800m	U15 Females
14.55	800m	U15 Males
15.00	800m	U17F / U20F / Women
15.05	800m	U17M / U20M / Senior Men
15.10	3000m	Under17 –Senior (Male & Female)
15.30	200m FINALS	All age groups (Seniors → U13's)
15.45	Sprint Hurdles FINALS	All age groups (Seniors → U13's)

# Entry form & timetable

## Tayside & Fife Track & Field Championships



# Sunday 19<sup>th</sup> September 2010

## George Duncan Athletics Arena, Perth

Championships are open to \*

Under 11s  
Under 13s  
Under 15s  
Under 17s  
Under 20s  
Seniors

\*Athletes must be born, living or  
Studying in Tayside & Fife or a  
member  
of a Tayside or Fife athletics club

For further details please visit:  
[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)

**CLOSING DATE FOR ENTRIES:**  
**Monday 6<sup>th</sup> September 2010**





# 2010 Tayside & Fife Championships

Supported by START

## ENTRY FORM

### PERSONAL DETAILS

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone N° \_\_\_\_\_

Club / School \_\_\_\_\_

scottishathletics Membership N° \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 31/8/2010 \_\_\_\_\_

Age Group (U11/13/15/17/20 or senior) if known \_\_\_\_\_

Please Circle **Male** **Female**

**Tayside Qualification** (you must tick at least one box to be eligible):

Born in Tayside or Fife

Live / study in Tayside or Fife

Member of a Tayside or Fife athletics club

**EVENTS ENTERED** Max N° events: U11's = 3 (2 track & 1 field or 1 track & 2 field), U13's - U17's = any 3 events, U20's / Seniors = any 5 events

Name of Event	PB in the last 2 years	Fee enclosed £2.50 per event
<b>TOTAL FEE ENCLOSED</b>		

Photographs & video footage may be taken at the event. It is assumed that athletes taking part can be included in any photos/videos that can be used in press or promotional material unless notification to the contrary is made in writing to **Tayside & Fife Sporting Partnership**

**Signed** (athlete) \_\_\_\_\_

**Signed** (parent / legal guardian if athlete U16) \_\_\_\_\_

### Please complete and return with payment to:

Administration Manager Tayside & Fife Sporting Partnership, Lynch Sports Centre, South Road, Dundee, DD2 4SR. Cheques to be made payable to sportscotland.

**CLOSING DATE FOR ALL ENTRIES: MONDAY 6<sup>th</sup> SEPTEMBER 2010**



**NO LATE ENTRIES WILL BE ACCEPTED**



- Closing date for all entries: **Monday 6<sup>th</sup> September 2010.**  
A list of entrants will be posted on the **SportTayside & Fife** website by the Wednesday before the event. Results will be posted there after the event.
- Entry fee is **£2.50** per event.
- Entry form and payment to be returned to Administration Manager **Tayside & Fife Sporting Partnership**, Lynch Sports Centre, South Road, Dundee, DD2 4SR before the closing date.
- Maximum number of events:
  - U11's – 3 events (2 track & 1 field or 1 track & 2 field)
  - U13's / 15's / 17's – 3 events (any combination which do not break UKA rules e.g. an U15 girl can not compete in both the 800m and 1500m on the same day)
  - U20's / Seniors – 5 events (any combination)
- Registration – **60 minutes** before event
- All competitors will be issued with numbers to be worn front and back
- Programme may be subject to alteration if time does not permit full programme or races combined if entry does not justify any race being run
- Medals will be awarded to the top three athletes in each age group in every event
- Awards will be presented to athletes who break a Championship Best Performance (CBP). Present CBPs are listed at:  
[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)
- All field events will be allowed four attempts (except high jump)
- Track events: If heats are not required, the **FINAL** will be run at **HEAT** time

### FIELD EVENTS

Time	Event	Age Group
10.00	Hammer	U15 / U17 / U20 & Seniors Males and Females
10.30	High Jump	U17 / U20 / Seniors Males and Females
10.45	Shot Putt	U11 & 13 Girls
10.45	Javelin	U15 / U17 / U20 & Seniors Males
11.30	Long Jump	U17 / U20 & Seniors Males and Females
11.30	Javelin	U11 & U13 Boys
11.30	Shot Putt	U15 Boys & Girls
12.30	High Jump	U13 Boys & Girls
12.30	Discus	U15 / U17 / U20 & Seniors Females
13:00	Discus	U15 / U17 / U20 & Seniors Males
12.30	Long Jump	U15 Boys & Girls
1.30	Shot Putt	U11 & U13 Boys
1.30	Long Jump	U11 & U13 Girls
1.30	Javelin	U15 / U17 / U20 & Seniors Females
2.30	Long Jump	U11 & U13 Boys
2.30	Javelin	U11 & U13 Girls
2.30	Shot Putt	U17 / U20 / Seniors Males and Females
3.30	Discus	U13 Boys & Girls
3.30	Triple Jump	U15 Boys + U17 / U20 / Senior Males & Females
3.30	High Jump	U15 Boys & Girls