



EAST LOTHIAN TRACK & FIELD OPEN

celebrating sport in East Lothian and
the journey of the Queen's Baton through East Lothian

SATURDAY 14 JUNE 2014
11.00am - 3.00pm

SATURDAY 30 AUGUST 2014
11.00am - 3.00pm

EAST LOTHIAN ATHLETICS ARENA
MEADOWMILL SPORTS CENTRE



PROGRAMME SATURDAY 14 JUNE 2014

	<i>SEN/U20/U17</i>	<i>Under-15</i>	<i>Under-13</i>	<i>Under-11</i>	<i>twenty-14 kids & disability</i>
11.00	100m Javelin	100m Long Jump	100m	100m	60m
12.00	800m High Jump	800m	800m Javelin	600m	600m
13.00	3000m	Javelin	Long Jump	Long Jump	Shot Putt
14.00	200m Triple Jump	200m	200m	Shot Putt	Long Jump

PROGRAMME SATURDAY 30 AUGUST 2014

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11.00	80mH, 100mH, 110mH Discus	80mH, 75mH Discus	75mH, 70mH Discus	Long Jump	60m
12.00	300m/400m Shot Putt	300m/400m (U15B only) High Jump	High Jump	1000m	Long Jump
13.00	1500m Long Jump	1500m	1500m	Shot Putt	Shot Putt
14.00	200m	200m Shot Putt	200m Shot Putt	200m	600m

- Entry is £3.00 per event. Please complete one entry form for each event. Athletes can enter a maximum of three events.
- Cheques and Postal Orders should be made payable to 'E.L.A.D.G'.
- Entries close 45minutes before event. Advance entries to be sent to Jamie Bowie, Sports Development, Meadowmill Sports Centre, EH33 1LZ
- Athletes must declare at least 45minutes before event and report to the start area 10minutes before their event time.
- Track events will be seeded by personal bests, or by age if no personal best is given.
- Performances from both events will be used to calculate East Lothian Championships (for East Lothian residents or East Lothian club members only)
- Additional events may be added to the programme by organiser or by request
- visit www.activeeastlothian.co.uk for up to date information

OFFICIAL ENTRY FORM

[please use one entry form per event]



name: scottishathletics Membership:

email (for pre-event info): date of birth:/...../.....

address:

age group: age (on day): Male [] / Female [] East Lothian Resident / East Lothian Club []

club or school:

competition age groups:

Twenty-14 Kids: aged 6,7,8 on day of competition
U11: aged 9 or 10 on 31st August 2014
U13: aged 11 or 12 on 31st August 2014
U15: aged 13 or 14 on 31st August 2014
U17: aged 15 or 16 on 31st August 2014
U20: aged 17, 18, 19 on 31st December 2014
Senior: aged 20 or over on 31st December 2014

Age Group	Event	Personal Best (if known)	BIB Number	Race
			OFFICIAL USE ONLY	

I hereby agree to the Conditions and Regulations of the East Lothian Track & Field Open. I declare that I am an amateur to the rules of UK Athletics and the above particulars are complete and correct in every detail.

Signature: **Date:**/...../..... (event held under UK Athletics rules. scottishathletics permitted event)
 (if under 16 must be signed by parent or guardian)

N.B. during the event there will be photographs taken and these may be used for promotional and marketing purposes by Team East Lothian AC, East Lothian Council or enjoyleisure, please inform the organiser by post if you do not wish your photograph to be taken during the event.