



Inverness Harriers Open Meeting
incorporating the
HIPPO Grand Final



Saturday 20th September 2008 - First Event 10am
Queen's Park Stadium, Inverness

*****Important guidelines for entry*****

All athletes must pre-enter - NO entries will be accepted on the day (except relays)

Entries will only be accepted when accompanied by Entry Fee payment

Closing date for entries: Thursday 11th September

Entry Fees: 1 event = £3 2 or more events = £5 All cheques payable to 'HIPPO'
(A levy of £2 will be added to NON-SAL Registered Athletes)

Field Events Trials (except High Jump)		
U11	3 Trials	
U13, U15	3 Trials	Time permitting, the top 4 athletes will receive a further 3 trials - this is at the discretion of the Field Referee
U17, U20/Senior	3 Trials	Guaranteed top 4 athletes will receive a further 3 trials

Medley Relays - enter on the day of competition	
Leg	Relay teams are comprised of 8 athletes with the following UKA restrictions
1 x 800	Excluded from this leg: Any U11, U13 or U15 who has competed in either 800 or 1500 on the day
1 x 400	Only open to U15B, U17M, U20/Senior Male and Female
2 x 200	All Athletes
4 x 100	All Athletes
As relays are non-scoring, teams can be of mixed age, gender & clubs however an athlete may only compete in 1 leg of 1 relay team	

NOTE: Athletes must declare at least 1 hour before their event. All declarations close at 1pm

Please return Entry Forms & Fees (payable to HIPPO) by Thursday 11th September to:
Tracy Tamijmarane, 6 Sandalwood Avenue, Inverness IV2 6GR

THIS IS A FIXED PROGRAMME AND NO EXTRA EVENTS CAN BE CATERED FOR ON THE DAY

Held Under UK Athletics Rules : Electronic Timing will be in Operation : First Aiders will be in Attendance

The HIPPO Awards Presentation and Season End Celebration

is to be held on the evening of the 20th September after the competition, starting at 6:30pm in the Ramada Jarvis Hotel in Inverness. A buffet will be followed by our HIPPO AGM and our HIPPO Annual Awards Ceremony. The evening will be rounded off with a celebratory disco in the hotel.

This evening event is open to all athletes, coaches, officials, parents and families and is to celebrate our first year of the 'HIPPO' by everyone having a fantastic evening.

Tickets for the evening are available from Tracy Tamijmarane and each ticket costs £10.

Please specify the number of tickets you require on the bottom of the entry form.

We look forward to seeing you for a fantastic day of competition at Queen's Park and again in the evening to celebrate the first successful year of the HIPPO.

www.gohippo.co.uk and www.invernessharriers.org.uk
working together to take athletics in the North of Scotland another stride forward...

TRACK			FIELD			
10.00	400m Hurdles	U20/Sen M U20/Sen W U17 Men	10.00	Shot Putt Long Jump Discus	U17/U20/Sen W U13 Boys U15 Boys	
10.30	300m Hurdles	U17 Women	11.00	High Jump Long Jump Shot Putt Discus	U17 Women * U15 Girls * U11 Boys & Girls U17/U20/Sen M	
10.40	800m	All Age Groups				
11.20	100m	U13 Girls				
		U13 Boys U15 Boys U17 Men U20/Sen W U20/Sen M U15 Girls * U17 Women *				
12.20	3000/5000m	U17/U20/Sen W U17/U20/Sen M	12.00	Long Jump Long Jump Javelin (2 pits)	U11 Boys U13 Girls U17/20/Sen W	
12:45	Lunch Break					
13.30	70m H	U13 Girls	13.00	High Jump Shot Putt Discus Javelin	U15 Boys U17/20/Sen M U17/U20/Sen W U 15 Girls	
	75m H	U13 Boys				
	75m H	U15 Girls				
	80m H	U15 Boys				
	80m H	U17 Women				
	100m H	U17 Men				
	100m H	U20/Sen W				
14.15	110m H	U20/Sen M	14.00	High Jump Long Jump Discus Shot Putt	U20/Sen Women U17/20/Sen M U15 Girls U15 Boys	
		400m				U15 Boys
						U17 Men
14:40	300m	U20/ Sen Men	15.00	High Jump Long Jump Javelin Discus	U15 Girls * U15 Boys * U17/U20/Sen M U13 Girls	
		U20/Sen Women				
14:45	200m	U17 Women	16.00	Discus	U13 Boys	
15.45	150m	U15 Girls *				
		U15 Boys *				
		U13 Girls				
		U13 Boys				
		U17 Women				
16.00	1500m	U17 Men				16.15
		U20/Sen Women				
		U20/Sen Men				

After Field Events Finished Medley Relays (4x100m) x (1x800m) x (1x400m) x (2x200m)

ALL TIMES ARE APPROXIMATE AND ARE SUBJECT TO CHANGE DEPENDING ON ENTRIES

PLEASE LISTEN FOR ANNOUNCEMENTS ON THE DAY

THIS TIMETABLE IS FIXED AND NO ADDITIONAL EVENTS WILL BE ADDED TO THE PROGRAM

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**Closing Date: Thursday 11th September. NO entries will be accepted on the day
Entry forms will only be accepted when accompanied by entry fees**

Name _____	Age group _____
Club _____	SAL No _____
Date of Birth _____	Sex: Male Female
Email contact: _____	
I enclose payment of £_____ for entry fees. Tel: _____	
Entries will only be accepted when entry form is accompanied by entry fee payment.	

Entry Fees: £3.00 = 1 event or £5.00 = 2 or more events All Entry Fees payable to 'HIPPO'
No SAL Number – Entry Fee plus £2 per athlete

Return to: Tracy Tamijmarane, 6 Sandalwood Ave, Milton of Leys, Inverness, IV2 6GR

Please circle the events you wish to enter and complete the section below:

Senior/U20		U17		U15		U13		U11	
M	F	M	F	M	F	M	F	M	F
400mH	400mH	400mH	300mH	800m	800m	800m	800m	800m	800m
800m	800m	800m	800m	100m	100m	100m	100m	150m	150m
100m	100m	100m	100m	80mH	75mH	75mH	70mH	Shot	Shot
5000	3000	3000	3000	400m	200m	200m	200m	Long J	Long J
110mH	100mH	100mH	80mH	200m	1500m	Long J	Long J		
400m	400m	400m	300m	1500m	Long J	Discus	Discus		
200m	200m	200m	200m	Discus	Javelin				
1500m	1500m	1500m	1500m	High J	Discus				
Discus	Shot	Discus	Shot	Shot	High J				
Shot	Javelin	Shot	High J	Long J					
Long J	Discus	Long J	Javelin						
Javelin	High J	Javelin	Discus						

I wish to enter for the following events:

Enter your event(s)	Enter your all-time PB	Enter your 2008 PB

NOTE: PB or 2008 PB's must be given to ensure accurate seeding

Relay entries to be submitted on separate 'RELAY' form - available on the day of competition.

NOTE: U11 Athletes must be 9 years of age on the day of the competition

The HIPPO Awards Presentation and Season End Celebration

I (we) wish to attend the evening event and I require _____ tickets priced £10 each.

I have enclosed payment for the tickets (payable to 'HIPPO'). Please send my tickets to this address:

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