

FORRES HIGHLAND GAMES

SCIO Reg. Charity No. SC046639

(Under UKA and SAL Rules)

Grant Park Forres

Saturday 6th July 2019

Track and Field Events Commence 12.45pm

List of Events

Prizes (Cash) £

No	Event	1st	2nd	3rd	4th
01	100m Ladies	30	25	20	/
02	200m Ladies	30	25	20	/
03	400m Ladies	30	25	20	/
04	High Jump Ladies	30	25	20	/
05	Long Jump Ladies	30	25	20	/
06	Putting the Shot Ladies	30	25	20	/
07	800m Ladies	30	25	20	/
08	100m Men	30	25	20	/
09	200m Men	30	25	20	/
10	400m Men	30	25	20	/
11	800m Men	30	25	20	/
12	3000m Men N of S Championship	35	25	20	/
13	High Jump Men	30	25	20	/
14	Long Jump Men	30	25	20	/
15	1500m Youths	22	20	18	/
16	100m Youths	22	20	18	/
17	Putting the Rab Ritchie Stane Men	The prizes for Events 17 to 21 inclusive will be: 1 st - £40, 2 nd - £35, 3 rd - £30, 4 th - £20, 5 th - £15, 6 th - £10 Overall winner £100			
18	28lb Weight for Distance Men				
19	Scots Hammer Men N of S Championship				
20	Tossing the Caber Men				
21	56lb Weight Over the Bar				
22	Mixed Relay, (4 x Half Lap) (Ladies Lap 1 & 4)	25	20	18	/
23	Putting the Shot Junior Heavies	25	20	18	/
24	Scots Hammer Junior Heavies	25	20	18	/
25	Weight Over the Bar Junior Heavies	25	20	18	/
26	Weight for Distance Junior Heavies	25	20	18	/
27	Tossing the Caber Junior Heavies	25	20	18	/
28	Noble (Timber Buildings) 10km Road Race. Race starts @ 2.40pm	45	35	30	25
Team prize three to count, 3 @ £20, 1st Veteran £35, 1st Lady £45, 2nd Lady £35, 3rd Lady £30					
29	100m Boys and Girls Under 13 years (Age as at 6 th July 2019)	15	13	10	/
30	100m Boys and Girls Under 15 years (Age as at 6 th July 2019)	15	13	10	/
31	200m Boys and Girls Under 13 years (Age as at 6 th July 2019)	15	13	10	/
32	200m Boys and Girls Under 15 years (Age as at 6 th July 2019)	15	13	10	/
33	400m Boys and Girls Under 15 years (Age as at 6 th July 2019)	15	13	10	/
34	800m Boys and Girls Under 13 years (Age as at 6 th July 2019)	15	13	10	/
35	800m Boys and Girls Under 15 years (Age as at 6 th July 2019)	15	13	10	/
Events 29 to 35 inclusive, prizes will be awarded to the 1st, 2nd and 3rd boy and girl in each event.					
Entry Fee £1 per Event. Road Race £4.50, non-registered £6.50. Medley Relay £2 per Team. All entry forms to be returned to the Secretary: Mr Mike Scott. 7 Fleurs Road, Forres, IV36 1LY. (tel. 01309 673289) together with entry fee. (Cheques payable to "Forres Highland Games".) Forms to be returned no later than Wed 26th June 2019. All competitors must wear official club colours. All competitors in the Heavy Events 17 – 21 & 23 – 27 must wear the kilt and kilt hose. Only competitors enclosing a SAE will receive free admission tickets.					

This form must not be used for a TEAM ENTRY and must be retained by Sports Holding Body for one year.

ENTRY FORM
for Track & Field Events
Forres Highland Games 6th July 2019
Please enter me for the events listed below.

Event No.	Event Name

Name:	
Address:	Club Name:
Post Code:	Club Colours:
Telephone No:	Age on Games Day:
Email:	
SAL/SGA Membership No:	

I agree to submit to the jurisdiction of the S.A. Ltd. on all matters relative to this entry and to abide by the UKA Laws & Rules of Competition. I further agree to submit myself if required for a Doping Test.

I declare that I am an amateur as defined by S.A. Ltd. Rules, that I am medically fit to compete and that I will not hold the organisers responsible for any injury, illness or loss to my person or property caused.

I certify that the above particulars are correct and ENCLOSE ENTRY FEE OF: £ _____

Signature: _____

Date: _____