

BORDERS ATHLETICS

2010 ENTRY FORMS



This entry form document contains entry forms for all games events operating under Borders Athletics rules and carry a Scottish Athletics permit.

There are some very important changes in place for 2010 so please ensure you read and understand the content of this document fully.

Each event has a closing date for entries. **NO LATE ENTRIES WILL BE ACCEPTED.**

No entry will be accepted by telephone or without a fully completed entry form so please ensure you fully understand the entry process for 2010.

RANDOM DRUG TESTING MAY BE PERFORMED AT BORDERS ATHLETICS EVENTS IN 2010 THEREFORE ATHLETES MAY BE REQUIRED TO UNDERTAKE DRUG TESTING IN ACCORDANCE WITH UK ATHLETICS

IMPORTANT INFORMATION FOR 2010

- **HANDICAPPER:** The Borders Athletics Handicapper for 2010 is Don Campbell.
- **ENTRY FORMS & REGISTRATION:** *(New athletes: download forms at www.bordersathletics.co.uk or request from B.A officials)*
The entry forms will now act as your registration document, therefore you must complete and supply any necessary amendments to the details along with ticking the boxes of the events you wish to enter. You need only supply amendments once.
IMPORTANT: No entry will be accepted without a completed entry form, therefore please ensure you have completed these forms accurately as failure to do so will result in the form being deemed invalid and you will not be entered into the requested events.
- **ENTRIES:** Entries will no longer be accepted by telephone as all entries must be supplied using the entry forms in this document. There will be a period before and after each Borders Athletics Games event where athletes may bring their completed entry forms to the handicapper along with the relevant monies. **IMPORTANT: The handicapper will no longer accept entries at any other times during the event so you must submit your entries at the allotted times or ensure they are sent by post arriving before closing date. ENTRIES NOW CLOSE AT LEAST 10 DAYS PRIOR TO THE EVENT (except Earlston and Hawick Games).**
- **BORDERS ATHLETICS NUMBER:** Borders Athletics Numbers are issued annually - to obtain these numbers, send cheque/postal order for £1.00 made out to BORDERS ATHLETICS along with first entry and number will be returned or collect on day of competition. It is imperative when you receive your new number for 2010 that you do not lose it or deface it in anyway as you will be charged for replacements. When competing in events (other than straight sprints) you will be required to wear your B.A number attached to your vest - failure to wear front & back will result in disqualification; no alternative or variation will be permitted. **Replacement numbers will cost £2.00.**
- **HANDICAP SYSTEM SOFTWARE:** This year handicap software will be in operation to assist in generating the weekly marks. If you have three runs (in the same event) that have been deemed acceptable by the handicapper then you will automatically receive a handicap lift as per the B.A rules within 10 days.
- **NON ACCEPTABLE PERFORMANCES (N.A.P):** If the handicapper deems an athlete's performance to be unacceptable, they will be issued with a Non Acceptable Performance (N.A.P) warning sheet and the run in question will not count towards their automatic lift entitlement. If an athlete receives a second N.A.P warning sheet from the handicapper, they will automatically be penalised with the standard handicap penalty outlined in the B.A rules.
- **IMPROVED PERFORMANCES:** Should you post an improved effort to the personal best supplied on the entry form for any games, please inform the handicapper at the first available opportunity. Failure to do so may result in your disqualification from the event.

PEEBLES BELTANE SPORTS THREE BRIDGES RACES

Sunday 2nd May 2010 Races commence 2.00pm Fete commences 1.30pm

VENUE:

Tweed Green, Peebles

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>IMPORTANT:</u>
Three Bridges Open 3 Mile Handicap	<input type="checkbox"/>	£ 1.00	• NO SPIKES - TRAINING SHOES ONLY • ALL WINNERS RECEIVE TROPHY & MEDALS
Youths 1.5 miles Handicap (<i>under 17</i>)	<input type="checkbox"/>	£ 0.50	
Tweeddale Primary Schools - BOYS	<input type="checkbox"/>	FREE	
Tweeddale Primary Schools - GIRLS	<input type="checkbox"/>	FREE	
Team Race: 1.5 miles (<i>team of four</i>)	<input type="checkbox"/>	£1.00	

YOUR DETAILS: Please check the details below, amend below if necessary, sign and complete before returning this form.

BA No: **Name:** **Date of birth:**

Address:

Tel: **Mobile:**

Email: **Town/Club:**

If any of the above details are incorrect, please supply changes here:

PERFORMANCES - please list all current personal best times:

If you DO NOT wish your details to be shared with any of our partners in sport, please put an 'x' here:

If 16 years of age on 1st May, please choose whether you wish to compete in: **OPEN EVENTS** **or YOUTH EVENTS**

By signing this entry sheet you are agreeing to abide by the rules of Borders Athletics and consent to being photographed and video recorded at this Borders Athletics Event. This form **must** be signed otherwise your entry **cannot** be accepted.

SIGNED: if aged under 16, parent/guardian must sign

Return this form to: Les Shortreed, 39 Crossland Crescent, Peebles. Tel: 01721 721666 **HANDICAPPER:** Don Campbell

EARLSTON BORDER GAMES - Closing date: 29th May 2010

Saturday 5th June 2010 Confined Events 11am Open events 1.00pm

VENUE: The Haugh,

Earlston Rugby Club

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
90m Open Handicap	<input type="checkbox"/>	£ 2.50	90m Youths (<i>u17</i>) Handicap	<input type="checkbox"/>	£ 1.50
200m Open Handicap	<input type="checkbox"/>	£ 1.50	200m Youths (<i>u17</i>) Handicap	<input type="checkbox"/>	£ 1.50
800m Open Handicap	<input type="checkbox"/>	£ 1.50	800m Youths (<i>u17</i>) Handicap	<input type="checkbox"/>	£ 1.50
1600m Open Handicap	<input type="checkbox"/>	£ 1.50	1600m Youths (<i>u17</i>) Handicap	<input type="checkbox"/>	£ 1.50
90m Open Veterans Handicap	<input type="checkbox"/>	£ 1.50	90m (<i>confined to Earlston High Pupils</i>)	<input type="checkbox"/>	£ 1.00

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Address:

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Email: **Town/Club:**

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PERFORMANCES - please list all current personal best times:

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By signing this entry sheet you are agreeing to abide by the rules of Borders Athletics and consent to being photographed and video recorded at this Borders Athletics Event. This form **must** be signed otherwise your entry **cannot** be accepted.

SIGNED: if aged under 16, parent/guardian must sign

Return with entry fee & SAE for competitors ticket to: (Cheques payable to) Mr Don Campbell, 4 Paxton Crescent, Lochgelly, KY5 9ET

HAWICK BORDER GAMES - Closing date: 5th June 2010

Sunday 13th June 2010

Events Commence 1.00pm

VENUE:
Volunteer Park, Hawick

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
110m Open Handicap	<input type="checkbox"/>	£ 3.50	90m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
200m Open Handicap	<input type="checkbox"/>	£ 2.50	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
400m Open Handicap	<input type="checkbox"/>	£ 2.50	400m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
800m Open Handicap	<input type="checkbox"/>	£ 2.50	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
3200m Open Handicap	<input type="checkbox"/>	£ 3.00	B.A 100m Youths Championship (u17)	<input type="checkbox"/>	£ 2.00

Youths Entry: 3 or more events £5 (exc Championship)**YOUR DETAILS:** Please check the details below, amend below if necessary, sign and complete before returning this form.

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Address:

Tel: **Mobile:**

Email: **Town/Club:**

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PERFORMANCES - please list all current personal best times:If you DO NOT wish your details to be shared with any of our partners in sport, please put an 'x' here: If 16 years of age on 1st May, please choose whether you wish to compete in: **OPEN EVENTS** **or** **YOUTH EVENTS** By signing this entry sheet you are agreeing to abide by the rules of Borders Athletics and consent to being photographed and video recorded at this Borders Athletics Event. This form **must** be signed otherwise your entry **cannot** be accepted.**SIGNED:** if aged under 16, parent/guardian must sign**Return with entry fee & SAE for competitors ticket to:** (Cheques payable to) Mr Don Campbell, 4 Paxton Crescent, Lochgelly, KY5 9ET**SELKIRK BORDER GAMES - Closing date: 9th June 2010**

Saturday 19th June 2010

Events commence 1.30pm

VENUE:
Philiphough, Selkirk

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
90m Handicap (confined to Border Region)	<input type="checkbox"/>	£ 2.00	1600m Open Handicap	<input type="checkbox"/>	£ 2.50
110m Open Handicap	<input type="checkbox"/>	£ 3.50	90m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
200m Open Handicap	<input type="checkbox"/>	£ 2.50	400m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
400m Open Handicap	<input type="checkbox"/>	£ 2.50	(3 separate races)		
800m Open Handicap	<input type="checkbox"/>	£ 2.50	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50

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B.A BORDER GAMES - Closing date: 17th June 2010

Sunday 27th June 2010

Events Commence 2.00pm

VENUE:

Tweedbank Sports Centre

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
100m Open Handicap	<input type="checkbox"/>	£ 2.50	100m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
200m Open Handicap	<input type="checkbox"/>	£ 2.00	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
800m Open Handicap	<input type="checkbox"/>	£ 2.00	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
1600m Open Handicap	<input type="checkbox"/>	£ 2.00			

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PERFORMANCES - please list all current personal best times:If you DO NOT wish your details to be shared with any of our partners in sport, please put an 'x' here: If 16 years of age on 1st May, please choose whether you wish to compete in: **OPEN EVENTS** **or** **YOUTH EVENTS** By signing this entry sheet you are agreeing to abide by the rules of Borders Athletics and consent to being photographed and video recorded at this Borders Athletics Event. This form **must** be signed otherwise your entry **cannot** be accepted.**SIGNED:** if aged under 16, parent/guardian must sign**Return with entry fee & SAE for competitors ticket to:** (Cheques payable to) Mr Don Campbell, 4 Paxton Crescent, Lochgelly, KY5 9ET**KELSO BORDER GAMES - Closing date: 24th June 2010**

Sunday 4th July 2010

Events Commence 2.00pm

VENUE:

Poynder Park, Kelso

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
100m Open Handicap	<input type="checkbox"/>	£ 2.50	One Lap Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
One Lap Open Handicap	<input type="checkbox"/>	£ 2.50	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
800m Open Handicap	<input type="checkbox"/>	£ 2.50	Kelso Mile Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
Kelso Mile Open Handicap	<input type="checkbox"/>	£ 2.50	100m Youths (u17) (confined to Kelso)	<input type="checkbox"/>	FREE
100m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50			

YOUR DETAILS: Please check the details below, amend below if necessary, sign and complete before returning this form.**BA No:** **Name:** **Date of birth:****Address:****Tel:** **Mobile:****Email:** **Town/Club:**

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JEDBURGH BORDER GAMES - Closing date: 27th June 2010

Saturday 10th July 2010

Morning Events 10.30am

Afternoon Events 1.30pm

VENUE:
Riverside Park, Jedburgh

EVENT	TICK TO ENTER	FEE	EVENT	TICK TO ENTER	FEE	
70m Open Handicap (non penalty)	<input type="checkbox"/>	£ 1.50	90m Youths (u17) confined to Jedburgh (morning)	<input type="checkbox"/>	FREE	
90m Veterans Handicap	<input type="checkbox"/>	£ 1.50	90m Youths (u17) confined to Scot Borders - (morning)	<input type="checkbox"/>	} 1 event: £ 1.50	
100m Borders Athletics Championship	<input type="checkbox"/>	£ 2.00	400m Youths (u17) Handicap (morning)	<input type="checkbox"/>		} 2 events: £ 3.00
110m Jedforest Sprint Open Handicap	<input type="checkbox"/>	£ 4.00	800m Youths (u17) Handicap (morning)	<input type="checkbox"/>		
200m Open Handicap	<input type="checkbox"/>	£ 2.50	90m Youths (u17) Handicap	<input type="checkbox"/>		
400m Open Handicap	<input type="checkbox"/>	£ 2.50	200m Youths (u17) Handicap	<input type="checkbox"/>		
800m Open Handicap	<input type="checkbox"/>	£ 2.50	1500m Youths (u17) Handicap	<input type="checkbox"/>		
1500m Open Handicap	<input type="checkbox"/>	£ 2.50				

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PERFORMANCES - please list all current personal best times:

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SIGNED: if aged under 16, parent/guardian must sign

Return with entry fee & SAE for competitors ticket to: (Cheques payable to) Mr Don Campbell, 4 Paxton Crescent, Lochgelly, KY5 9ET

ST RONANS BORDER GAMES - Closing date: 7th July 2010

Saturday 17th July 2010

Events Commence 2.00pm

VENUE: Victoria Park,
Innerleithen

EVENT	TICK TO ENTER	FEE	EVENT	TICK TO ENTER	FEE
110m Open Handicap	<input type="checkbox"/>	£ 3.50	90m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
200m Open Handicap	<input type="checkbox"/>	£ 2.00	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
800m Open Handicap	<input type="checkbox"/>	£ 2.50	1600m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
1600m Open Handicap	<input type="checkbox"/>	£ 2.50	800m Youths (u18) American Cup (confined)	<input type="checkbox"/>	FREE
ALSO: • 110m Invitation Handicap • Lee Pen Hill Race (Seniors) - enter on Day			200m Youths (u18) New Zealand Cup (confined)	<input type="checkbox"/>	FREE
• Caerlee Hill Race (Juniors 10-14) - enter on day					

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Address:

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Email: **Town/Club:**

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PERFORMANCES - please list all current personal best times:

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OXTON BORDER GAMES - Closing date: 14th July 2010

Saturday 24th July 2010

Events commence 1.00pm

VENUE: Justicehall Haugh
Oxton

EVENT	TICK TO ENTER	FEE	EVENT	TICK TO ENTER	FEE
110m Open Handicap	<input type="checkbox"/>	£ 2.50	90m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
200m Open Handicap	<input type="checkbox"/>	£ 1.50	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
800m Open Handicap	<input type="checkbox"/>	£ 1.50	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
1600m Open Handicap	<input type="checkbox"/>	£ 1.50	1600m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
90m Open Veterans Handicap	<input type="checkbox"/>	£ 1.50			

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Address:

Tel: **Mobile:**

Email: **Town/Club:**

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Friday 30th July 2010

Events commence 1.30pm

VENUE: Castleholm,
Langholm

EVENT	TICK TO ENTER	FEE	EVENT	TICK TO ENTER	FEE
90m Border Athletics Championship	<input type="checkbox"/>	£ 3.00	1600m Open Handicap	<input type="checkbox"/>	£ 2.00
90m Open Handicap	<input type="checkbox"/>	£ 3.00	90m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
200m Open Handicap	<input type="checkbox"/>	£ 2.00	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
400m Open Handicap	<input type="checkbox"/>	£ 2.00	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50
800m Open Handicap	<input type="checkbox"/>	£ 3.00	1600m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.50

YOUR DETAILS: Please check the details below, amend below if necessary, sign and complete before returning this form.

BA No: **Name:** **Date of birth:**

Address:

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Email: **Town/Club:**

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TWEEDBANK BORDER GAMES - Closing date: 30th July 2010

Saturday 7th August 2010

Events commence 2.00pm

VENUE:

Tweedbank Sports Centre

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
100m Open Handicap	<input type="checkbox"/>	£ 2.50	100m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
200m Open Handicap	<input type="checkbox"/>	£ 2.00	200m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
800m Open Handicap	<input type="checkbox"/>	£ 2.00	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 1.00
1600m Open Handicap	<input type="checkbox"/>	£ 2.00			

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Saturday 14th August 2010

Events commence 1.30pm

VENUE: Morebattle Tofts

Nr Kelso

<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>	<u>EVENT</u>	<u>TICK TO ENTER</u>	<u>FEE</u>
110m Open Handicap	<input type="checkbox"/>	£ 3.50	90m Youths (u17) Handicap (2 groups)	<input type="checkbox"/>	£ 2.00
One Lap Open Handicap	<input type="checkbox"/>	£ 2.50	One Lap Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
800m Open Handicap	<input type="checkbox"/>	£ 3.00	800m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
1600m Open Handicap	<input type="checkbox"/>	£ 3.00	1600m Youths (u17) Handicap	<input type="checkbox"/>	£ 2.00
3200m Open Handicap	<input type="checkbox"/>	£ 3.00	Hill Race - All Ages		enter on day

YOUR DETAILS: Please check the details below, amend below if necessary, sign and complete before returning this form.**BA No:** **Name:** **Date of birth:****Address:****Tel:** **Mobile:****Email:** **Town/Club:**

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BORDERS ATHLETICS HANDICAP SYSTEM 2010

Each Distance will be set a standard time based on a hand held watch, on grass, no wind. A NOVICE MARK will be set for each distance. A NOVICE being someone with no previous athletic history, in the case of previous history this will be used to allocate an initial mark. The Handicapper will have discretion in allocating NOVICE MARKS for Youth & Adult Females and Mature Males. MINIMUM PULLS will be applied based on prize money won at ANY HANDICAPPED MEETINGS. After 3 runs in an event at a BORDERS ATHLETICS MEETING an Athlete will be eligible for a minimum lift unless lift has already been applied. Running in a FINAL or COLLECTING PLACE MONEY, poor starts, false starts, injuries, failing to complete a race, not running at full speed etc will not be permitted as a qualifying run. The lift will be applied a **maximum** of 10 days after the 3rd qualifying run. All at Handicappers discretion. **Multiple NON PENALTY & PLACE MONEY will be totalled up and equivalent penalty applied**

Handicapper can pull an Athlete in distances other than successful event.

SYSTEM FOR ADULTS

PRIZE MONEY & PENALTIES										
EVENT	STD TIME	MARK	Under £100	Under £300	Under £600	Under £1,000	Under £2,000	Under £3,001	Over £3,001	LIFTS
SPRINTS	9.65/11.8sec	3.5/4m	NIL	0.5m	1m	1.5m	2m	3m	4m	0.5m
			Under £26	Under £51	Under £101	Under £201	Under £301	Under £400	Over £400	LIFTS
200M	22.50sec	7m	NIL	1m	2m	3m	4m	5m	6m	1m
400M	51.50sec	14m	NIL	2m	4m	6m	8m	10m	12m	2m
800M	1min 56sec	30m	NIL	2.5m	5m	7.5m	10m	12.5m	15m	2.5m
1600M	4min 25sec	60m	NIL	5m	10m	15m	20m	25m	30m	5m
3200M	9min 45sec	120m	NIL	10m	20m	30m	40m	50m	60m	10m

SYSTEM FOR YOUTHS

NOVICE MARKS								
EVENT	STD TIME	10yr	11yr	12yr	13yr	14yr	15yr	16yr
90m	10.40sec	19m	16m	13m	10m	7m	3m	SCR
200m	24.50sec	44m	35m	28m	22m	15m	7m	SCR
400m	53.00sec	90m	75m	60m	45m	30m	15m	SCR
800m	2min 06sec	180m	150m	120m	90m	60m	30m	SCR
1600m	4min 50sec	360m	300m	240m	180m	120m	60m	SCR

PRIZE MONEY & PENALTIES						
EVENT	Under £16	Under £40	Under £75	Under £100	Under £200	LIFTS
90m	NIL	0.5m	1m	1.5m	2m	0.5m
200m	NIL	1m	2m	3m	4m	1m
400m	NIL	2m	4m	6m	8m	2m
800m	NIL	5m	10m	15m	20m	5m
1600m	NIL	10m	20m	30m	40m	10m