# Shetland Amateur Athletics Club Competition Calendar 2024 

| Date | Event | Venue | Entry <br> Open | Entry <br> Deadline |
| :---: | :---: | :---: | :---: | :---: |
| $01 / 04 / 24$ | 2024 Outdoor Training Begins | Clickimin Track | N/A | N/A |
| $13 / 04 / 24$ | U9/11 Spring Open Sponsored by <br> Jamieson's of Shetland | Clickimin Track | $01 / 04 / 24$ | $08 / 04 / 24$ |
| $14 / 04 / 24$ | Spring Open Sponsored by <br> Jamieson's of Shetland | Clickimin Track | $01 / 04 / 24$ | $08 / 04 / 24$ |
| $28 / 04 / 24$ | OGM1 Sponsored by Jamieson's <br> of Shetland | Clickimin Track | $14 / 04 / 24$ | $21 / 04 / 24$ |
| $10-11 / 05 / 24$ | North Districts | Inverness | By Club | By Selection |
| $19 / 05 / 24$ | OGM2 Sponsored by Jamieson's <br> of Shetland | Clickimin Track | $05 / 05 / 24$ | $12 / 05 / 24$ |
| $01-02 / 06 / 24$ | Junior Inter County | Kirkwall, Orkney | By Club | By Selection |
| $07-08 / 06 / 24$ | Scottish Schools Championships | Grangemouth | By Club | By Selection |
| $16 / 06 / 24$ | Simmer Dim Half Marathon <br> Sponsored by Cooke Aquaculture | Cunningsburgh | Open | TBC |
| $23 / 06 / 24$ | OGM3 Sponsored by Jamieson's <br> of Shetland | Clickimin Track | $09 / 06 / 24$ | $16 / 06 / 24$ |
| $20 / 07 / 24$ | SIAB International Meet | Wales | N/A | By Selection |
| $10-11 / 08 / 24$ | U13/15/20 National Age Group <br> Championships | Grangemouth | By Club | By Selection |
| $17-18 / 08 / 24$ | U17/Senior National Age Group <br> Championships | Grangemouth | By Club | By Selection |
| $24 / 08 / 24$ | U9/11 Summer Open Sponsored <br> by Jamieson's of Shetland | Clickimin Track | $11 / 08 / 24$ | $18 / 08 / 24$ |
| $25 / 08 / 24$ | OGM4 Sponsored by Jamieson's <br> of Shetland | Clickimin Track | $11 / 08 / 24$ | $18 / 08 / 24$ |
| $01 / 09 / 24$ | 30 th Anniversary Invitational <br> Meet inc. Club Championships <br> Sponsored by Jamieson's of <br> Shetland | Clickimin Track | $11 / 08 / 24$ | $19 / 08 / 24$ |

Important information:
All home competition entries will be through EntryCentral. Responsibility is of the parents/carers athletes to ensure entry has been done.

All entry deadlines are as above, with NO EXCEPTIONS.
Please double check athletes age groups with club coaches before entering.

## Shetland Amateur Athletics Club Summer OGM Schedule 2024

| Track | OGM1 - <br> $28 / 04 / 24$ | OGM2 - <br> $19 / 05 / 24$ | OGM3 - <br> $23 / 06 / 24$ | OGM4 - <br> $25 / 08 / 24$ |
| :--- | :--- | :--- | :--- | :--- |
| $13: 00$ | 100 m | 100 m | 100 m | 100 m |
| $13: 30$ | $300 / 400 \mathrm{~m}$ | 800 m | $300 / 400 \mathrm{~m}$ | 800 m |
| $14: 00$ | 1500 m | 3000 m | 1500 m | 5000 m |
| $14: 30$ | 200 m | 200 m | 200 m | 200 m |
|  |  |  |  |  |
| Field |  |  |  |  |
| $13: 00-14: 00$ | Shot Put | Javelin | Javelin | Shot Put |
|  |  |  |  | Shot Put |
| $14: 00-15: 00$ | Javelin | Shot Put |  |  |
|  |  |  | Triple Jump | High Jump |
| $13: 00-14: 00$ | Long Jump |  |  |  |
| (U13+U15) | High Jump |  |  |  |
|  | Triple Jump |  |  | Triple Jump |
|  |  |  |  |  |
| $14: 00-15: 00$ | High Jump | Long Jump | Long Jump |  |
|  | Long Jump <br> (U17+) |  |  |  |

Maximum of 3 events per athlete: No U13 300m; No U13, U15 or U17W 400m; No U13 3000m and/or 5000m; No U13 Triple Jump. U13 + U15 can only do 1 event 300m or above on the same day.

Limited spaces available for each event
Field Events: $\mathbf{2}$ practice attempts \& $\mathbf{4}$ trials
Competitors MUST demonstrate competence in their event to compete

## Athletes must be 11 years of age on date of competition (U13 training group or older)

## NO LATE ENTRIES OR ON THE DAY ENTRIES

## Licensed events under UKA Rules

All meetings/timings and events are subject to change depending upon entries

