



Online Entry Instructions

Logging In:

- **Club Members:** Use the same email address and password you have used to register as a member
- **Non Club Members:** If you have never used one of these systems before just enter your email address and create a password for future use. If you have used one of these systems before and have forgotten your password use the forgotten password link

Complete the personal details and answer the appropriate questions

Add your events, press submit and pay by credit card or visa (MasterCard) debit card

Grades:

- Except for masters All age grades are taken as at 31st December in the year of the competition
- Masters are age on the day
- A younger athlete may enter and compete in an older grade
- A club registered athlete who is at secondary school may enter a secondary school event
- A non-club member who is at secondary school may (and will need to) enter other graded events. Note here that secondary school events are only offered where an age grade event is of different specifications

Seeding:

- All events will be seeded
- You must enter a seeding time or mark. Please be accurate
- For track events this should either be
 - A season best
 - A personal best
 - A target time your coach wants you to aim for

Opening & Closing of Entries:

- Entries will open on Saturday at 4pm for the following week
- Entries will close at midnight Thursday night / Friday morning
- The entry site will be on the slider on the home page of the website and on our Facebook as soon as they can be
- Late entries may attract a late entry fee