



This summer the club will be competing in the CSSAL league.
Dates for your diary are –

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Sunday 25th April Grangemouth
Sunday 23rd May Dumfries
Sunday 27th June Linwood

Please email CSSAL contact at kirkvolympians@gmail.com of your availability for these matches or complete the tear off slip by Tuesday 20th April. Events are open to all age groups. We really need as many as possible to compete in order to move up to the 2nd division. We were relegated last year due the poor turnout of athletes. CSSAL events begin at 1130 and run throughout the day. Each athlete requires a running vest and a SAL number in order to compete. (Ask Ada for an SAL number)

This summer you can also compete at Open graded meetings. These are events you enter on your own on the night and pay per event. You can select your events. Look at the Scottish Athletics calendar – www.scottishathletics.org.uk Click on Calendar and then fixtures. You will also find district and national events here which you enter as an individual.

Dates for your diary are –

| | | | |
|-------------------------------------|---------|---------|---------|
| <u>Linwood @ 7pm</u> | 28/4/10 | 26/5/10 | 30/6/10 |
| <u>Grangemouth Stadium @ 6.45pm</u> | 5/5/10 | 2/6/10 | 4/8/10 |

I can compete in the following CSSAL league matches.

Sunday 25th April (Grangemouth)

Sunday 23rd May (Dumfries)

Sunday 27th June (Linwood)

Athlete's name: _____
Date of Birth: _____ SAL number (if you have one) _____
Parent's name: _____
Email contact: _____