



Veteraaniyleisurheilun PM-kilpailut

Scandinavian Masters Championships
1.-3.7.2011 Lappeenranta, Finland



ILMOITTAUTUMISLOMAKE

ENTRY FORM

ANMÄLNINGSBLANKETT

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|----------------------------------------------|--|--|
| Sukunimi/Surname/Efternamn | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Etuimi/First name/Förnamn | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Maa/Country/Land | <input type="checkbox"/> DEN, <input type="checkbox"/> FIN, <input type="checkbox"/> ISL, <input type="checkbox"/> NOR, <input type="checkbox"/> SWE | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syntymävuosi/Year of birth/Födelseår | <input type="text" value="1"/> <input type="text" value="9"/> | | <input type="checkbox"/> Miehet/Men/Man | | | | | | | | | | | | | | | | | | | | | | <input type="checkbox"/> Naiset/Women/Kvinnu | | |
| Seura/Club/Klubb | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| X | Merkitse X lajien sivuun mihin haluat osallistua Please X-mark the event you will participate Markera med X i de grenar du önskar delta i | Paras tulos Best result Bästa resultat 2010-2011 |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> | Laji/Event/Gren | |
| <input type="checkbox"/> | 100 m | |
| <input type="checkbox"/> | 200 m | |
| <input type="checkbox"/> | 400 m | |
| <input type="checkbox"/> | 800 m | |
| <input type="checkbox"/> | 1500 m | |
| <input type="checkbox"/> | 5000 m | |
| <input type="checkbox"/> | 10000 m | |
| <input type="checkbox"/> | 110 m Aidat/Hurdles/Häck M35-M45 | |
| <input type="checkbox"/> | 100 m Aidat/Hurdles/Häck M50+M65/K35 | |
| <input type="checkbox"/> | 80 m Aidat/Hurdles/Häck M70-K40+ | |
| <input type="checkbox"/> | 400 m Aidat/Hurdles/Häck M35-M55/K35-K45 | |
| <input type="checkbox"/> | 300 m Aidat/Hurdles/Häck M60-K50+ | |
| <input type="checkbox"/> | 200 m Aidat/Hurdles/Häck M80-K75+ | |
| <input type="checkbox"/> | 3000 m Esteet/Steeplechase/Hinder M35-55 | |
| <input type="checkbox"/> | 2000 m Esteet/Steeplechase/Hinder M60+K35+ | |
| <input type="checkbox"/> | Korkeus/High Jump/Höjd | |
| <input type="checkbox"/> | Seiväs/Pole Vault/Stay | |
| <input type="checkbox"/> | Pituus/Long Jump/Längds | |
| <input type="checkbox"/> | Kolmiloikka/Triple Jump/Tresteg | |
| <input type="checkbox"/> | Kuula/Shot put/Kula | |
| <input type="checkbox"/> | Kiekko/Discus/Diskus | |
| <input type="checkbox"/> | Moukari/Hammer/Slägga | |
| <input type="checkbox"/> | Keihäs/Javelin/Spjut | |
| <input type="checkbox"/> | Painonheitto/Weight/Vikt | |
| <input type="checkbox"/> | 5000 Ratakävely/Track walk/Gång Arena | |
| <input type="checkbox"/> | 10 km Maantiekävely/Road walk/GångLandsväg | |
| <input type="checkbox"/> | Heitto 5-ottelu /Throwing Pentathlon/Kastmångkamp | |
| <input type="checkbox"/> | OTHERS | |
| <input type="checkbox"/> | Virallinen kisapaita / T-shirt EUR 15 Size S to XXL | |

By signing this Entry Form I declare that to the best of my knowledge and belief that I am in good health and that there is no objection against my participation in SMC 2011 on medical reasons. I accept full responsibility in case of accident, injury or damage to myself or my property by me participation in the Scandinavian Masters Championships in Lappeenranta 2011. I also give my consent to be subject to drug testing at SMC 2011, if I should be selected to do so.

Entry adress

This form has to be posted or faxed to the national veteran athletic association and together with the entry fees.

See separate letter of instructions

| Date | Signature |
|------|-----------|
| | |

**Closing date for entries:
Friday 27th May 2011**

Payment and address

First event: **EUR 30** Next Events **EUR 15**/each

Throw Pentathlon **EUR 35**:

See then separate letter from each national veteran athletic association

For the national Federations only

| Date | Stamp or signature The national Federation |
|------|-----------------------------------------------|
| | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------------------------|--|--|--|--|--|----------|--|--|--|--|--------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| T A C t f | Osoite/Adress | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Postinumero/ City Code | | | | | | Maa/City | | | | | | | | | | | | | | | | | | | |
| C O N | Puhelin/Telephone | | | | | | | | | | | Mobile | | | | | | | | | | | | | | |
| | Sähköposti/E-mail | | | | | | | | | | | | | | | | | | | | | | | | | |