

**NORTH BERWICK INTERNATIONAL HIGHLAND GAMES, HEAVY EVENTS
SATURDAY 10 AUGUST 2019**

Please arrive on site at the North Berwick Rugby fields by 12:15 pm for the 1:00 pm start of the heavy events.

As in the past there will be 2 separate competitions, one for men and one for women.

All athletes must be members of the SHGA or SAL and also must wear kilts and numbered vests (which will be furnished) in order to compete.

Entry fee is £3 and is to be paid on the day.

All the events and prize money are outlined on Page 2.

For information and entry registration contact:

John Bannerman

Mob: 07415619838

Email: jbannerman1234@hotmail.co.uk

ENTRY REGISTRATION FORM

I agree to submit to the jurisdiction of the SHGA on all matters relative to my entry and abide by the SHGA laws and rules for competition.

Name _____ SHGA/SAL Number _____

Mobile phone _____ Email _____

Address:-

Signature _____

Date _____

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The 6 Men's Heavy Events for 2019 are:

- 1) Weight for height - 56 lbs.
- 2) Weight for distance - 28 lbs.
- 3) Scots Hammer - 16 lbs.
- 4) Heavy Hammer - 22 lbs.
- 5) Shot putt - 16 lb. ball
- 6) Men's Caber

PRIZE MONEY FOR EACH OF THE 6 MEN'S HEAVY EVENTS FOR 2019

1st Prize £100

2nd Prize £60

3rd Prize £40

4th Prize £20

5th Prize £10

MEN'S "OVERALL" winners 2019 Prize Money

1st "Overall" winner (6 events) - £100

2nd "Overall" winner (6 events) - £75

3rd "Overall" winner (6 events) - £50

4th "Overall" winner (6 events) - £25

The 5 Women's Heavy Events for 2019 are:

- 1) Weight for Height - 28 lbs.
- 2) Weight for Distance - 16 lbs.
- 3) Heavy Hammer - 11 lbs.
- 4) Shot Putt - 8 lb. ball
- 5) Women's Caber

WOMEN'S "OVERALL" winners 2019 Prize Money

1st "Overall" winner (5 events) - £300

2nd "Overall" winner (5 events) - £200

3rd "overall" winner (5 events) - £100

4th "Overall" winner (5 events) - £50