

## **RULES**

1. Events are sanctioned by Scottish Heavy Athletes (SHA) and hosted by the Sacramento Caledonian Club.
2. Competitors must wear the kilt and Highland hose at all times while on the athletic field.
3. Pre-registered entry fee will provide the competitor with complimentary t-shirt and admission for the athlete to the field. These T-Shirts must be worn while competing.
4. All events will be governed by the rules posted on the Scottish Heavy Athletics website ([www.scottish-heavies.com](http://www.scottish-heavies.com)).
5. The hosting organization reserves the right to test any competitor for the use of steroids and other performance altering substances.
6. Pre-registered athletes will be listed on a Gate List and allowed free access to the fairgrounds. All others must pay entrance fees to enter the fairgrounds.
7. Late entries and on-the-field entries will be accepted if space is available and upon approval of the Athletic Director and judges. Late entries will be required to pay a late entry fee on the field.
8. The SHA reserves the right to change, combine or eliminate scheduled events.
9. Decisions of the Judges and Athletic Director are final.
10. All competitors must sign a release form at the field prior to warm-ups/competition.

Mike Quaternous  
C/o 1592 Washington Blvd.  
Fremont, CA 94539

## ***132th Annual Sacramento Valley Scottish Games & Festival***

***Sat/Sun, April 26-27, 2008  
Yolo County Fairgrounds  
Woodland, California***



***North American WOB  
Championships***

## CLASSES

<b>Saturday</b>	Men's Pro, A & C and Masters 40-49
<b>Sunday</b>	Women, Men's B, Masters 50+
Professional	Elite athletes.
Class A	Advanced Athletes
Class B	Intermediate athletes
Class C	Athletes with limited or no prior experience
Masters	Age defined

## EVENTS

Braemar Stone	Open Stone
Lt. Dist. Weight	Hv. Dist. Weight
Lt. Hammer	Hv. Hammer
Weight/Bar	Caber

Weights are appropriate for the age and class of competition.

## SCHEDULE

Competition starts at 9:00am. Note: Adjustments to classes and schedule may be made as required for the benefit of the Games.

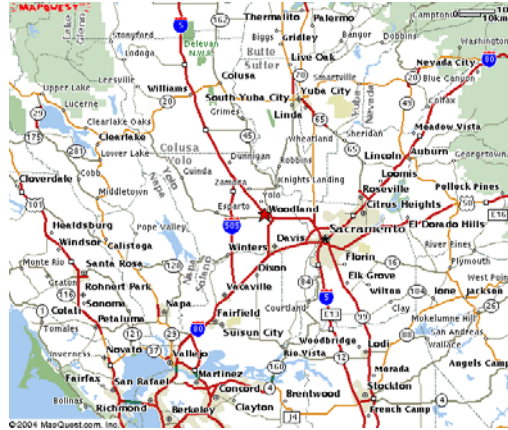
## APPLICATION DEADLINE

Deadline for entries will be 19 APRIL 2008. Late and field entries will be accepted on a space-available basis and must pay fairgrounds admission.

Tickets will be mailed to pre-registered athletes.

Check <http://www.scottish-heavyies.com> for up-to-date Games information.

## MAPS



## DIRECTIONS

### From Coastal Areas

Drive east on I80 to Hwy 113 North

### From Sacramento & Eastward

Drive west on I80 to Hwy 113 North

### From Jct I80/Hwy 113

Drive north on Hwy 113 to E. Gibson Rd.  
 Drive west to E. Main St. - turn right  
 Drive to E. Gum St. - turn right  
 Fairgrounds entrance is on right

## ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, etc. \_\_\_\_\_

Telephone: (    ) \_\_\_\_\_

Birthdate: \_\_\_\_\_ Class: \_\_\_\_\_

Shirt Size:    (L)    (XL)    (XXL)    (XXXL)

I have read the Athletic Rules for competition and hereby, for myself, my heirs, executors and administrators waive and release all rights and claims for damages I may be entitled to against the SHA or the SACRAMENTO CALEDONIAN CLUB and any OFFICIALS associated with these Games, their representatives, agents, successors and assignees, for any and all injuries suffered by me through participation in these events. I agree to be bound by the Athletic Rules as posted at [www.scottish-heavyies.com](http://www.scottish-heavyies.com).

Signature \_\_\_\_\_

**\$25.00 Entry Fee for all Athletic Events**  
 (includes admission to the Games)

Athletic Director Contact Info:  
 Michael Qutermous

Make check payable to:

Scottish Heavy Athletes

Mail check and Entry Form to:

Scottish Heavy Athletes  
 C/o 1592 Washington Blvd.  
 Fremont, CA 94539