

SUPERTEAMS
Kelvin Hall, Glasgow
SATURDAY 23rd JANUARY 2010

SUPERTEAMS INFORMATION

Thank you for your entry into the U13 SUPERTEAMS on Saturday 23rd January 2010. Please find attached copies of the timetable for the event.

Entry to the Championship venue is free. On arrival at the Kelvin Hall you will be directed to the athlete's declaration area situated within the indoor concourse.

Club Colours All athletes in the U13 SUPERTEAMS must compete in their Club Colours.

Declaration Sheets The Declaration Sheets should be completed with athletes competing and sent to Ross.Cunningham@scottishathletics.org.uk by Friday 15th January 2010, any changes should be submitted to declaration officials **BY THE TEAM MANAGER OR OTHER CLUB OFFICIAL** on the day.

****Athletes should not go to the declaration area**.**

Under 13 SUPERTEAMS should be declared by 10.15am at the latest.

ASSEMBLY

Athletes should come prepared with numbers securely fastened to their club vest (Front and Back). Spikes checked and tightened.

Athletes wont go directly to Call Room, however spikes and bib numbers will be checked by Pool Chaperones, however if Team managers can make sure this is done to assist officials on the day.

Athletes will be allowed to leave the competition area once he/she has completed their event, however athletes must report back to their pools no later than 20 minutes before the next event time.

Spike Length: All athletes must not exceed 5mm spikes as per Kelvin hall guidelines

Personal equipment, including phones, ipod/mp3/CD players should not be brought into the competition area including warm-up areas.

Athletes changing, warm-up and athletes Pools will be clearly signposted. An indoor warm-up area will be provided within the complex.

Your attention is drawn to UK Athletics Rule 22(2) regarding Misconduct – Athletes should make themselves aware of the content of this Rule.

Kelvin Hall Opening Hours

Saturday: 9am – 5.30pm

Sunday: 9am – 9pm

SECURITY OF PERSONAL BELONGINGS

It is suggested that you make use of the lockers, which are situated in the arena.

Indoor Championships 2010 SUPERTEAMS Rules of competition

- Superteams will consist of either four boys or four girls from clubs in the under 13 age group (born between 1.09.97 to 31.08.99) If a club does not have four athletes in this age group, composite Superteams from more than one club are encouraged. Scottishathletics will facilitate the composition of such superteams and the appointment of the entry fee by contacting Ross.Cunningham@scottishathletics.org.uk
- The events to be contested at the Kelvin Hall are:-
 - Saturday 23rd January - 800m/LJ/SP/Medley Relay (2x200/2x100)
 - Saturday 13th February - 60m/LJ/SP/4x200 Relay
- Competition will be divided into three pools of competitors. The rest periods required between events for these age groups, per UKA rules, will be observed. The pools will operate simultaneously on the three separate disciplines in rotations. Relays will be final event.
- All four Superteam members compete and score points in each event. Computerised points scoring will enable updates to be given between events
- Field event competitors will be given one warm up and three attempts in competition.
- Pools will rotate after each event.
- The winning boys and girls teams will be awarded the SUPERTEAMS trophy.
- Medals for top three teams in male and female competition
- Changes to entered athlete names will only be permitted with the prior approval of Ross Cunningham before competition and via the declaration staff on the day of the event. Any unauthorised changes will make the team liable to disqualification
- A minimum of three athletes must be selected before a team can compete in the competition
- Clubs may enter multiple superteams of four and a maximum of one reserve per team can be nominated. In the event of injury or illness during the competition a maximum of one reserve per team can be used.
- Shot Putt
 - 2.72k shot to be used
 - All competitors will, be given one warm up and three trials in competition
 - All valid throws will be measured
 - Athlete's best individual effort will count towards Superteams score.
 - Best attempt will be used for team score
- Long Jump
 - All competitors will be given one warm up and three trials in competition
 - Take off will be from the one metre board – with a taped insert rather than plastercine.
 - All valid jumps will be measured.
 - Best attempt will be used for team score
 - Best individual effort will count towards Superteams score.

We look forward to seeing you at the Kelvin Hall for these Championships and wish you an enjoyable and rewarding competition.

