

Indoor U13 StadiaSTAR Challenge

Age Group – Under 13

Team Size – 8 (4 of each gender)

Events –

Long Jump

1 male and 1 female from each team

High Jump

1 male and 1 female from each team

Shot Putt

1 male and 1 female from each team

60m

1 male and 1 female from each team

Medley Relay (200, 600, 200, 600)

Full team, males followed by females at each distance. Total distance = 3200m

Both athletes will score points at each event with the relay being worth double points. Points will be awarded as per the Thistle Awards tables, 5points, 10points, 15points, 20 points. The points equal the distances/ times as per the tables. (Full details below)

Long Jump

Each team will have 2 minutes to perform as many jumps as possible.

Officials will mark the furthest jump by each athlete and award points.

High Jump

The high jump will have set heights as per the Thistle award table.

Athletes nominate their preferred starting height and will have a maximum of three jumps.

Shot Putt

Each athlete will have two minutes to throw as many times as is safe.

Officials will mark the furthest distance for each athlete and award the relevant points.

60m

Athletes will have two attempts at the 60m, with a 40minute recovery between the runs.

Medley relay

The full team participates in this event.

The boys will run first at each distance, boy 200 – girls 200 – boy 600 – girl 600, etc.

Points will be awarded as per the finishing position.

Proposed Facilities

Grangemouth - Liz Francis

Meadowbank Jamie - McDonald

Aberdeen Sports Village - Alasdhair Love

Inverness - Julie Wyatt

Ravenscraig Indoor Centre - Yvonne Murray

Dam Park - Jim Goldie

Kelvin Hall - Brian Donaldson

Pitreavie - Shona Malcolm

Proposed Management

01324 590720/ 0780 1634198

0131 476 7324/ 07776 370199

07584 146 796

07818 592 639

01236 437 756

07739 506 733

0141 287 4725

07731 832 567

All events will have the distances detailed below marked by cones or coloured markers.

e.g. The long jump pit will have coloured markers down the side of the pit at the set distances below.

Event	5 points	10 points	15 points	20 points
Long Jump	2.20m	2.95m	3.50m	4.00m
High Jump	0.80m	1.05m	1.15m	1.25m
Shot Putt	3.80m	4.80m	5.80m	6.80m
60m Flat	11.20s	10.20s	9.60s	9.10s

Supporters areas allocated on the infield to allow athletes to cheer on their team during the relay.

Link coaches to each of the events, to help the athletes during their attempts.

Timeline

Event	No. of teams	Time per team	Officials time	Total Time
Long Jump	8	4 mins	2 mins	48 mins
High Jump	8	4 mins	2 mins	48 mins
Shot Putt	8	4 mins	2 mins	48 mins
60m Flat	8	10 mins	40 mins	60 mins

15 minute break after the final field/ sprint on the infield to allow team managers to organise their relay teams.

Teams reminded that the relay is against the clock as well as against those in their respective race.