

**The Scottish Schools' Athletic Association**  
**SSAA Under 16 and Over 16 Indoor Track and Field Championships**  
**Emirates Arena, London Rd. Glasgow G40 3HY on Thursday 6th February 2014**

Entry Standards are available on the last two pages of this e-mail. Please ensure that only athletes who have achieved these standards are entered.

**1      AGE GROUPS/ EVENTS**

Under 16      [on or after 01.09.1998]

Over 16      [on or before 31.08 1998]

60 m Hurdles; 60m; 200m; 300m/400m; 800m; 1500m;

High Jump; Long Jump; Shot; Pole Vault.

**2      ENTRY CONDITIONS**

**All entries must be made on-line. Details attached.**

Schools should contact [entries@online-entries.co.uk](mailto:entries@online-entries.co.uk) in the event their entry has not been acknowledged within 2 days of submission.

Each school may enter 2 competitors per event.

Pupils may compete in a maximum of 3 events: 2 track and 1 field or 1 track and 2 field.

**Please note: The Pole Vault and the Shot Put will take place on Wednesday 5th February 2014 in the Emirates Arena at the earlier time of 4.00pm.**

**A separate note of explanation for the change is attached to this email.**

**3      ENTRY FEES**

Entry fees are **£4.00** per competitor per event. There is a payment form attached.

Cheques should be made payable to:

'The Scottish Schools' Athletics Association' or 'SSAA'

**4      DISTANCES / IMPLEMENTS / RESTRICTIONS**

On the day pupils may only compete in **one** of the following events:

300m; 400m; 800m; 1500m.

Should there be a large number of entries in any event above 400m, there will be an A & B Final rather than semi-finals.

Long Jump: Competitors will be expected to achieve the entry standard [see attached]

Only jumps beyond this distance will be recorded.

Shot Putt Specifications:   O/16 Boys – 5kg            U/16 Boys – 4kg  
  O/16 Girls – 4kg            U/16 Girls– 3.2kg

Hurdle Specifications:   O/16Boys – Height 3ft , spacing as for 100m.  
                                  O/16 Girls – Height 2ft6, spacing as for 80m  
                                  U/16 Boys – Height 2ft9, spacing as for 80m  
                                  U/16 Girls – Height 2ft6, spacing as for 75m

Straight sprints will take place at the same time as circular track events over 400m.

## **5 PHOTOGRAPHS & MEDIA COVERAGE**

Schools must ensure that they have parental permission for photographs to be taken and to be published in the local press.

If there are children who do not have parental permission then it is the responsibility of the person in charge of the children on the day as to whether or not they are included in any photograph taken.

Anyone taking photographs at the event should complete the Emirates Arena Indemnity Form available from Declarations. Please return completed forms to Declarations  
The SSAA cannot be held responsible for photographs taken and printed without permission.

## **6 Affiliations**

Schools should ensure that the annual affiliation fee of £50 is paid before the 1st January 2014. Affiliation fees should be sent to: Failure to do so could result in an entry being refused.

## **7 CLOSING DATE**

**The closing date for entries is Friday 17<sup>th</sup> January 2014.  
No entries will be accepted after this date.**

The name of the accompanying adult/teacher/parent/coach must be filled in.

This person should be available to officiate in some capacity.

Officiating duties will be listed in the programme and some may be allocated on the day.

Please check programme and listen to all announcements.

**Athletes must not be sent to the Emirates Arena unaccompanied.**

**Please check the following for accuracy;**

Entry Standards

Event entered

Date of Birth

Entry Conditions/Restrictions.

**Full instructions for on-line entry are attached along with payment form and entry standards.**

The Championship Convenor is:  
FRANCES J FEGAN

## The Scottish Schools' Athletic Association

### **Entry Standards for Indoor Championships [Revised 2013]**

**Please ensure that only athletes who have achieved these standards are entered.**

#### UNDER 16 GIRLS

#### OVER 16 GIRLS

60m Hdls	10.30 [75mH- 13.00]	10.00 [80mH-13.80]
60m	8.65 [100m-14.00]	8.50 [100m-13.80]
200m	28.30	27.50
300m	47.00	46.50
800m	2.35	2.30
1500m	5.30	5.10
High Jump	1m.35	1m.45
<b>[Starting Height 1m30]</b>		<b>[Starting Height 1m.35]</b>
Long Jump	4m.70	4m.80
Shot	7m.50	8m.50
Pole Vault	2m.	2m
<b>[Starting Height 2m]</b>		<b>[Starting Height 2m]</b>

## **The Scottish Schools' Athletic Association**

### **Entry Standards for Indoor Championships [Revised 2013]**

**Please ensure that only athletes who have achieved these standards are entered.**

#### **UNDER 16 BOYS**

#### **OVER 16 BOYS**

60m Hcls	10.00 [80mH-14.00]	9.60 [100mH-15.60]
60m	7.90 [100m-13.10]	7.65 [100m-12.60]
200m	26.30	25.00
400m	58.00	56.00
800m	2.25	2.15
1500m	4.55	4.35
High Jump	1m.50 <b>[Starting Height 1m.40]</b>	1m.65 <b>[Starting Height 1m.60]</b>
Long Jump	5m	5m40
Shot	9m50	10m
Pole Vault	2m <b>[Starting Height 2m]</b>	2m <b>[Starting Height 2m]</b>