



**SUPERTEAMS**  
**EMIRATES ARENA, GLASGOW**  
**SUNDAY 25<sup>th</sup> JANUARY 2015**

**SUPERTEAMS INFORMATION**

Thank you for your entry into the U12 SUPERTEAMS on **Sunday 25<sup>th</sup> January**. Please find attached copies of the timetable for the event.

The Timetable is provisional and will be adhered to unless circumstances beyond the organiser's control deem it necessary to alter. Admission to the venue is via the **First Floor Concourse**. Entry is chargeable for spectators at £3 per person; Coaches are free on proof of coaching license.

**IMPORTANT INFORMATION**

Access to the track area on the ground floor of the Emirates will be restricted to **scottishathletics** officials, athletes and coaches only. No-one else will be allowed to 'roam' in this area. This will allow flow of traffic and allow officials to carry out duties accordingly.

There is arena seating on each side of the track and all spectators should use this.

**Emirates Arena Opening Hours: The Emirates Arena is open to the public from 8.30am. Declarations for the first events open at 8.30am.** Entry will not be permitted before this time.

**A spectator entry charge of £3 will be in operation for these championships. Athletes and Team Managers enter free and Coaches enter free on production of their identification card.**

**Club Colours** All athletes in the U12 SUPERTEAMS must compete in their Club Colours.

**ASSEMBLY**

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

**FIRST EVENT:** - Athletes should go directly to the Warm Up Area Assembly point at the bottom end of the Warm Up Area and sit behind their Pool Number Poster for the first event. The location is marked on the Venue Layout map. Athletes should be there **NO LATER** than 20 minutes before the time of the first event. Field Officials and Track Stewards will collect them from here.

**SECOND, THIRD AND FOURTH EVENTS:** - For Field Events athletes go to the Warm Up Area Assembly point, the same location as for the first event.

For 60m, athletes should go to the 60m Assembly point as marked on the Venue Layout map outside the circular track to the right hand side of the Start line.

For Relay, athletes should go to the Relay Assembly point as marked on the Venue Layout map outside the circular track at left hand side of the Start line.

Athletes will be brought back to the Warm Up Area Assembly point after the events where they can be collect by Team Managers.

*Spike Length: All athletes must not exceed 6mm spikes.*

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.

Indoor warm-up area will be very busy. Care **MUST** be taken when using this area. Athletes should only run towards the long jump pit and walk back via yellow outside lanes.

Due to nature of this event a section of the warm-up pit will be used for competition purposes and a further section for Assembly. Please respect other athletes competing and warming up.

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

## Rules of Competition

- superTEAMS will consist of either four boys or four girls from clubs in the under 12 age group (born between 1.01.03 to 31.12.04). 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 [stewart.caithness@scottishathletics.org.uk](mailto:stewart.caithness@scottishathletics.org.uk)
- The events to be contested at the Emirates Arena are:-
  - Sunday 25<sup>th</sup> January - 60m / SP/ LJ/ 4 x 200m
- Competition will be divided into pools of competitors. The rest periods required between events for these age groups, per UKA rules, will be observed.
- All four superTEAM members compete and score points in each event. Computerised points scoring will enable updates to be given between events
- Points will be allocated for valid jumps, throws and track events as per UKA rules infringements of the rules will incur the athlete being deducted 5 points.
- Points are allocated as per the Thistle scoring tables.
- 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 **scottishathletics** Events Manager Stewart Caithness before competition and via the declaration staff on the day of the event. Any unauthorised changes will make the team liable of 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 throws will be taken behind a fixed line and not in a circle**
  - 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 jumps in competition
  - Athletes will NOT be allowed to use tic-tac method or run back from board. Cones will be placed at 10m, 12m & 15m on tape measure at the side of run up.
  - Coloured tape will be placed on runway to indicate no jump line 1m from sand.
  - All valid jumps will be measured.
  - Athlete's best individual effort will count towards superTEAMS score.
  - Best attempt will be used for team score.
- **Track**
  - 4x200m Relay – First athlete will run a full lap in lane, second athlete runs first bend in lane and breaks at the green line (situated at the start of the back straight) Third and fourth athlete will run on the inside lane of the track. Baton change over will be between the coloured markings at the finish line. Non compliance with these rules may lead to a deduction of 5 points. No disqualifications will be given however warnings may be issued.