

SSAA INDOOR CHAMPIONSHIPS

DISTANCES/IMPLEMENTS/RESTRICTIONS

Pupils may compete in a maximum of 3 events over the two days.
Schools may enter 2 competitors per event.

In accordance with UKA Rule 141 1 [iv] 'no athlete under 13 on 01.09.2019 is allowed to compete in any race at 300m and 400m, nor in more than one race between 600m and 1500m inclusive on the same day.'

For this event that means that under 13 pupils can only be entered in: 60m, 60m Hdls, 200m and field events.

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 800m, 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.

Triple Jump: Competitors, must have the technical ability to perform in this event and have achieved the entry standard [see attached]. If competitors do not show competent technique, officials will reserve the right to withdraw them from the event for their own safety.

Take off boards will be 7m & 9m for Girls and 9m & 11m for Boys.

Shot Put Specifications:	O/16 Boys – 5kg	U/16 Boys – 4kg
	O/16 Girls – 3kg	U/16 Girls – 3kg

Competitors will be expected to have achieved the entry standard

Hurdle Specifications:	O/16 Boys – Height 91.4cms, spacing as for 100m.
	O/16 Girls – Height 76.2cms, spacing as for 80m
	U/16 Boys – Height 84cms, spacing as for 80m
	U/16 Girls – Height 76.2cms, spacing as for 75m

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

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 Indemnity Form available from Main Reception Desk.

The SSAA cannot be held responsible for photographs taken and printed without permission.

The Scottish Schools' Athletic Association
Rotary International SSAA Indoor Track and Field Championships
Under UKA Rules / Scottish Athletics permitted
Emirates Arena, London Rd. Glasgow G40 3HY
Wednesday 6th and Thursday 7th February 2019

1 AGE GROUPS/ EVENTS

Under 16: on or after 01.09.2003 **Over 16: on or before 31.08.2003**

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

High Jump; Long Jump; Triple Jump [O/16 only]; Shot Put; Pole Vault.

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

2 ENTRY CONDITIONS

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

Schools should contact Ron Hunter only by e-mail [ssaa-event@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 over the 2 days of competition, but no more than 2 in a day.

3 RESTRICTIONS & SPECIFICATIONS

In accordance with UKA Rule 141 1 [iv] no athlete under 13 on 01.09.2019 is allowed to compete in any race at 300m and 400m, nor in more than one race between 600m and 1500m inclusive on the same day.

For this event that means that under 13 pupils can only be entered in: 60m, 60m Hdls, 200m and field events.

Close attention should be given to the entry standards, as it is unlikely that pupils in S1 will have reached the required qualifying standard.

All other pupils may only compete in **one** of the following events on the day:

300m: 400m: 800m.

Should there be a large number of entries in the 800m and 1500m there could be an A & B final rather than semi-finals. Please listen to announcements on the day.

Shot Put Specifications: O/16 Boys - 5kg U/16 Boys - 4kg

O16 Girls – 3kg U/16 Girls – 3kg

Long Jump & Shot Put: Competitors will be expected to achieve the entry standard.

Triple Jump: Take of boards: O/16 Girls 7m & 9m: O/16 Boys 9m & 11m.

Hurdle Specifications: O/16 Boys – Height 91.4cms, spacing as for 100m.

O/16 Girls – Height 76.2cms, spacing as for 80m

U/16 Boys – Height 84cms, spacing as for 80m

U/16 Girls – Height 76.2cms, spacing as for 75m

On Thursday straight sprints will take place at the same time as circular track events.

4 ENTRY FEES

Entry fees are **£8** per competitor per event.

5 AFFILIATIONS

Schools should ensure that the affiliation fee of £75 has been paid. It was due on 1st October 2018.

Affiliation fees should be sent to Mr A W Robertson, Treasurer.

Failure to do so could result in an entry being refused.

Payment details are as in Paragraph 4.

6 PHOTOGRAPHS & MEDIA COVERAGE

Schools must ensure that they have parental permission for photographs to be taken and to be published in the local press. Rotary International will be present and taking photographs which can be accessed via a facility on the SSAA web page.

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 on the day. Please return completed forms to Declarations

The SSAA cannot be held responsible for photographs taken and printed without permission.

7 CLOSING DATE

The closing date for entries is Friday 18th January 2019.

No entries will be accepted after this date.

The name of the accompanying adult/teacher/parent/coach **must** be entered on the payment form. This person should be available to officiate in some capacity.

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.

8 FINAL CHECK LIST

Please ensure that the information entered on behalf of your athletes is accurate in all of the following areas.

Events entered

Personal Bests. Please check in relation to entry standards.

Date of Birth

Restrictions and Specifications [Paragraph 3]

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

If an entry has not been acknowledged within 2 days of submission please contact Ron Hunter (ssaa-event@online-entries.co.uk) and only by email.

**Frances J Fegan and Fraser Weir.
Joint Convenors**

The Scottish Schools' Athletic Association

Entry Standards for Indoor Championships [Reviewed 2018]

When making your entry, please pay particular attention to the younger athletes in both age groups, and ensure that they have met the required qualification.

<u>UNDER 16 GIRLS</u>		<u>OVER 16 GIRLS</u>
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	2.35.00	2.30.00
1500m	5.30.00	5.10.00
High Jump	1m.35 [Starting Height 1m.30]	1m.45 [Starting Height 1m.35]
Long Jump	4m.70	4m.80
Triple Jump		8m50
Shot	7m.50	8m.50
Pole Vault	2m.20 [Starting Height 2m]	2m.40 [Starting Height 2m.20]

The Scottish Schools' Athletic Association

Entry Standards for Indoor Championships [Reviewed 2018]

When making your entry, please pay particular attention to the younger athletes in both age groups, and ensure that they have met the required entry qualifications.

UNDER 16 BOYS

60m Hdls 10.00 [80mH-14.00]

60m 7.90 [100m-13.10]

200m 26.30

300m 39.50

800m 2.25.00

1500m 4.55.00

High Jump 1m.50
[Starting Height 1m.40]

Triple Jump

Long Jump 5m

Shot 9m.50

Pole Vault 2m.30
[Starting Height 2m.20]

OVER 16 BOYS

9.60 [100mH-15.60]

7.65 [100m-12.60]

25.00

56.00

2.15.00

4.35.00

1m.65
[Starting Height 1m.60]

11m

5m40

10m

2m.80
[Starting Height 2m.60]