SUPERTEAMS
GRANGEMOUTH STADIUM
SATURDAY 20 JUNE 2015

SUPERTEAMS INFORMATION
Thank you for your entry into the U12 SUPERTEAMS on Saturday 20 June 2015.

The Timetable is provisional and will be adhered to unless circumstances beyond the organisers control deem it necessary to alter. Admission to the venue is via the **reception area of the stadium.**

IMPORTANT INFORMATION

Grangemouth Opening Hours: The stadium is open to the public from 8.30am. Declarations will 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 there identification card.

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

Declarations A declaration sheet will be attached to your event pack which should be collected from registration in the morning. The declaration sheets should be completed with athletes competing and handed in at declarations on the morning of competition **BY THE TEAM MANAGER OR OTHER CLUB OFFICIAL.** All athletes MUST be paid up members of **scottish**athletics.
Under 12 SUPERTEAMS should be declared by 9.15am. No teams will be accepted after this time.
Team Managers will only be allowed to declare team after whole team has arrived
Please note team managers **MUST allocate numbers as per declaration sheet.**

Composite Teams: **A notice board will be in place for any clubs looking for spare athletes to make up a team. It is the responsibility of the team managers to facilitate between clubs. All teams must be declared by 9.15am.**

ASSEMBLY

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

Relay and 100m Assembly

This will take place in the far end of the spectators stand, nearest to start of 100m. This will be clear sign posted and official will be on hand to guide athletes to the correct area.

Field Assembly

Teams should report to the Indoor warm up track, and assemble beside pool number. They will be collected and escorted to field event.

Athletes will remain at competition site until completion of event. Athletes will be escorted between competition sites by team chaperones

Recommended spike usage for Mondo:

50m-400m: 1/8" 3/16" or 1/4" (3,5 or 7mm) Christmas Tree
Long Jump: 1/4" (7mm) Pyramid

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 the outside lanes.

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

Outdoor 2015
U12 superTEAMS
Rules of Competition

- superTEAMS will consist of either four boys or four girls from clubs in the under 12 age group (born between(01.09.03 – 31/08/2005). If a club does not have four athletes in this age group, composite superTEAMS from more than one club are encouraged.
- The events to be contested at the Grangemouth are:-
  - Saturday 20 June - 100m / SP/ LJ/ 4 x 100m
- 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 will be awarded to top three teams in male and female competition
- Changes to entered athlete names will only be permitted with the prior approval of **scottish**athletics Claire Archbold, Events Administrator 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.
- **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.

  4x100m Relay – All athletes will run in designated lanes.