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 3rd and Thursday 4th February 2016

1 AGE GROUPS/ EVENTS

Under 16: on or after 01.09.2000. **Over 16: on or before 31.08 2000**

60 m Hurdles; 60m; 200m; 300m/400m; 800m; 1500m;
High Jump; Long Jump; 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 107 [2] iv Boys and Girls under 13 on 01.09.2016 may not compete in any race at 300m and 400m, nor in more than one race between 600m and 1500m. For this event that means 200m is their longest race allowed.

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 any event at 300m or above, there could be an A & B Final rather than semi-finals.

Shot Put Specifications: O/16 Boys - 5kg U/16 Boys - 4kg
O16 Girls – 3kg U/16 Girls – 3kg

Long Jump & Shot Put: Competitors in both events will be expected to achieve the entry standard [see attached]

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.

4 ENTRY FEES

Entry fees are **£6** per competitor per event. There is a payment form attached.
Cheques should be made payable to:
'The Scottish Schools' Athletics Association' or 'SSAA'
Cheques should be sent to: Mr A W Robertson
7 Tay Crescent
Bishopbriggs
G64 1 EU

5 AFFILIATIONS

Schools should ensure that the affiliation fee of £50 has been paid. It was due on 1st October 2015. Affiliation fees should be sent to: Mr A W Robertson, 7 Tay Crescent Bishopbriggs G64 1 EU.
Failure to do so could result in an entry being refused

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 15th January 2016.
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 payment form and entry standards.

Frances J Fegan
Convenor

The Scottish Schools' Athletic Association

Guidelines for On Line entry

Step 1. Go to the SSAA web site at www.ssaa.co.uk

Step 2. Go to the link to the online entry forms.

Step 3. Enter the user name **user1** and password **Oban**
then hit the login button.

Step 4. Go to the link to the Secondary Indoor Track and Field Championships 2016

Step 5. Complete the entry form for each athlete ensuring that all data is correctly entered, remembering that the event now takes place over 2 days.

Step 6. Follow the instructions to send each entry.

Step 7. A receipt of your entry will be returned to you within 2 days via the e mail address specified on the form.

Step 8. Send a cheque for your entry, payable to SSAA, along with the Payment Form to:

Mr A W Robertson
7 Tay Crescent
Bishopbriggs
G64 1EU

The closing date for entries is Friday 15th January 2016
No entries will be accepted after this date.

Please do not give to this information to individual pupils. Entry must be made by the school representative, using the official school e-mail address.

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 e-mail.

SSAA INDOOR CHAMPIONSHIPS 3rd and 4th February 2016

Payment Form

The name(s) of the accompanying adult(s) must be entered on the form.
Accompanying adults are very likely to be asked to assist in officiating at some stage during the day.

SCHOOL: _____

ADDRESS: _____

POST CODE: _____

TELEPHONE: _____

No. of Entries
@£6 per Entry _____

TOTAL MONEY _____

Cheques should be made payable to SSAA and sent to;
Mr A W Robertson
7 Tay Crescent
Bishopbriggs
G64 1 EU
No later than 1st February 2016

Accompanying Adult[s] Wednesday 3rd Feb. _____

Thursday 4th Feb. _____

Signed:
Designation:

The Scottish Schools' Athletic Association

Entry Standards for Indoor Championships [Revised 2015]
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
[Starting Height 1m30]		**[Starting Height 1m.35]**
Long Jump	4m.70	4m.80
Shot	7m.50	8m.50
Pole Vault	2m.	2m
[Starting Height 2m]		**[Starting Height 2m]**

The Scottish Schools' Athletic Association

Entry Standards for Indoor Championships [Revised 2015]
Please ensure that only athletes who have achieved these standards are entered.

UNDER 16 BOYS		OVER 16 BOYS
60m Hdls	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 **[Starting Height 1m.40]**	1m.65 **[Starting Height 1m.60]**
Long Jump	5m	5m40
Shot	9m50	10m
Pole Vault	2m20 **[Starting Height 2m.30]**	2m40 [**Starting Height 2m.50]**