

The Scottish Schools' Athletic Association

Entry Standards for Indoor Championships [revised 2007]

<u>UNDER 16 GIRLS</u>		<u>OVER 16 GIRLS</u>
60m Hdls	10.30 (75m H-13.00)	10.00 (80m H-13.80)
60m	8.65 (100m-14.00)	8.50 (100m-13.80)
200m	28.50	27.50
300m	49.00	47.00
800m	2.40	2.35
1500m	5.40	5.10
High Jump	1.35 (Starting Height 1.30)	1.45 (Starting Height 1.35)
Long Jump	4.00	4.40
Shot	7.50	8.50

<u>UNDER 16 BOYS</u>		<u>OVER 16 BOYS</u>
60m Hdls	10.00 (80mH-14.00)	9.60 (100mH-15.60)
60m	7.90(100m-13.10)	7.65(100m-12.60)
200m	26.80	25.00
400m	58.00	57.00
800m	2.30	2.15
1500m	5.00	4.35
High Jump	1.45 (Starting Height 1.40)	1.60 (Starting Height 1.50)
Long Jump	4.75	5.20
Shot	9.00	10.00