

# ***SCOTTISH CHAMPIONSHIPS***

## **CLUB ENTRY POLICY**

For athletes who commit to training regularly at the club, who represent the club regularly in other competitions and who are prepared to put in the effort to progress; Scottish District and National Championships are the next steps in the competition pathway and provide an opportunity to test yourself against some of the best athletes in Scotland!

As a reward and thanks to those athletes, and parents, that make a positive contribution to the club, the club will submit entries and will subsidise the entry fees for participation in Scottish District and National Championships.

As the actual cost of entry to the club can be up to £15 per event per athlete, the following guidelines apply, with athletes expected to:

- Represent the club regularly in other competitions.
- Compete in a maximum of 2 events per day, or 3 events over a weekend - as Championships will potentially have multiple heats and rounds, athletes should be focussing on competing in their strongest events and giving their best possible performance.
- Discuss event selection with your lead coach before entering.
- Have reached the club's entry standard in the event at least once in the previous 12 months.
- Use Open Meetings, not Scottish Championships, to try an event for the first time.
- Have paid monthly membership fees continuously for the previous six months, with no amounts outstanding to the club.
- Submit your entry to the club before the club's advertised closing date.
- If you unable to compete in the Championships for whatever reason, inform the club and reimburse the club for the cost of entry fees.

Athletes who do not qualify for this reward can enter Championships either direct with Scottish Athletics or via the club after payment of the appropriate entry fees.

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## **CLUB ENTRY STANDARDS**

	<b>U13G</b>	<b>U15G</b>	<b>U17W+</b>	<b>U13B</b>	<b>U15B</b>	<b>U17M+</b>
<b>60m</b>	9.80	9.20	8.70	9.60	8.90	8.10
<b>100m</b>	15.40	14.30	13.80	14.90	13.40	12.50
<b>200m</b>	32.70	29.70	28.50	31.80	29.20	25.50
<b>300m</b>		48.00	46.50		46.00	
<b>400m</b>						58.00
<b>800m</b>	2:50.00	2:40.00	2:35.00	2:50.00	2:34.00	2:18.00
<b>1500m</b>	5:45.00	5:30.00	5:20.00	5:45.00	5:20.00	4:50.00
<b>60m Hurdles</b>	12.80	11.80	10.80	13.50	12.70	10.30
<b>70m Hurdles</b>	14.00					
<b>75m Hurdles</b>		14.00		16.00		
<b>80m Hurdles</b>			14.20		15.00	
<b>100m Hurdles</b>						16.50
<b>High Jump</b>	1.15m	1.25m	1.35m	1.20m	1.30m	1.50m
<b>Pole Vault</b>		2.00m	2.15m		2.20m	2.50m
<b>Long Jump</b>	4.05m*	4.60m*	4.60m*	4.20m*	5.00m*	5.35m*
<b>Triple Jump</b>		8.50m	9.00m		9.00m	10.00m
<b>Shot Put</b>	5.25m	6.00m	8.00m	5.50m	6.40m	8.50m
<b>Discus</b>	13.00m	17.00m	19.00 m	14.00m	20.00m	23.00m
<b>Hammer</b>		19.00m	21.00m		21.00m	24.00m
<b>Javelin</b>	13.00m	19.00m	22.00m	17.00m	25.00m	30.00m

\* Scottish Athletics entry standards