

SUPERTEAMS



WHAT: U13 SuperTeams Championships

WHEN: Saturday 15^h August 2009

WHERE: Grangemouth Stadium

- The SUPERTEAMS competition is open to teams of athletes who are eligible for the under-13 age group under UKA rules on the date of competition.
- Teams are four boys or four girls.
- Team members will be made up of **scottishathletics** members from a Scottish affiliated club.
- A Club may enter more than one girls' or boys' team in SUPERTEAMS. If a club has insufficient athletes to make a team of four, composite teams from more than one club will be permitted.
- Any clubs seeking additional members to complete their team may also contact Ross Cunningham (Ross.Cunningham@scottishathletics.org.uk) before noon on Friday 1st May to seek additional members.
- The entry fee is £20 per team (or £5 per athletes for composite teams), payable to **scottishathletics**.
- Closing date for entries is noon on Friday 31st July.
- The events in SUPERTEAMS for summer 2009 are:
 - Wishaw (May) 800m, Long Jump, Javelin, 4 x 100m
 - Grangemouth (August) 200m, Long Jump, Shot Putt, 4 x 100m
- Throws and jumps will be two attempts, three if time permits.
- The rotation and timetabling of the events will be in groups, moving on to the next event discipline after 45-minute intervals. An outline timetable will be published in due course.
- Scoring will be based on the 'Thistle' awards points for each individual performance. Team scores will be updated throughout the competition.
- The top three teams will be awarded medals.
- The winning boys' and girls' teams will receive the SUPERTEAMS Trophy.