

U11 U13 superTEAMS

Rules of Competition

SUPERTEAM competitions are great fun for all participants if certain simple rules are applied.

- SuperTEAMS will consist of either four boys or four girls from clubs in the under 11 age group (born between 01/09/01 and 31/08/03) and under 13 age group (born between 01/09/99 and 31/08/01) for this competition
- The events to be contested at the Kelvin Hall are:-
 - Saturday 16th March - 60m / SP/ LJ/ 4 x 200m
- The rest periods will be assured by the teams competing in numerical order throughout i.e. Teams with numbers 1-24 will compete in the first 30 minutes of competition and then will have roughly an hour before their next event when again they will compete in the first group. This will apply to those in the second (25-48) and third groups (49-68)
- Creating training squads who can be competitive within their own club is an excellent motivation and keeps athletes coming back – thus the teams will move through the events as a team – competing in the same races and after one another in the Field Events. We hope this will give support and companionship among teams and help those new to competing.
- **All four superTEAM members compete and their combined distances or times in each event will give them a total which will rank them 1 to 17 and they will be awarded points accordingly. If you have an incomplete team, there will be a 20 sec penalty for the 60m events.**
- Field event competitors will be given three attempts in competition. Officials will be there to help at the take off board throughout the competition with advice and encouragement. There will be NO time to add a warm up trial and NO time to measure a run up at the Long Jump. Each athlete must come with a premeasured run up distance in the Long Jump and will be given a marker to lay next to a permanent tape along the runway.

IT IS IMPORTANT FOR ALL TEAMS TO APPRECIATE THAT ADDING A WARM UP WOULD ADD AN EXTRA (272) JUMPS AND COULD EASILY ADD 2 HOURS TO THE ALREADY STRETCHED DAY. (Often the jumps in warm up are the best so let's not lose these.

- All Team Managers must have their teams ready in good time for their events bearing in mind that times do change in any multi event competition.
- **We will post Field Cards and Race Results as soon as possible but it should be realized that points can only be given when all teams have completed each event – i.e. at the very end and would ask that teams bear with us as we shuffle the results at the end.**
- **The club team with the lowest score in total for all four groups will be awarded a trophy**
- Shot Put 2.72kg shot to be used by U11 boys, U11 girls and U13 girls.
 3.25kg will be used by U13 boys
- Long Jump 3 Trials all measured.

- Track 4x200m Relays – There will 3 heats in each - subject to having a full team:
 - Heat 1 will be Linlithgow, Corstorphine, Haddington & Pitreavie
 - Heat 2 will be Livingston, Lasswade, Falkirk & Cumbernauld
 - Heat 3 will be Harmeny Dunfermline & Central

60m races - These will be run in club order