

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]

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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]