



The Scottish Schools' Athletic Association

Notes on
The Twenty-fourth
Joint Boys & Girls Secondary T&F Championships
Grangemouth Stadium
Friday 7th June at 11:00am and Saturday 8th June at 10:00am
& Saturday 1st June

Entry can only be made online. See separate sheet for full instructions. The closing date for entry is Friday 10th May 2019. Only online entry will be accepted and no late entries are possible.

Age Groups All age groups are taken as at 31st August/1st September 2019
Group A – U'20; Group B – U/17; Group C – U/15; Group D - U/14.
Pupils must be in Secondary school. **Pupils must compete in their age group.**

Schools may only enter a maximum of two competitors in any event per age group
The FULL NAME, Personal Best Performance (P.B.) and Date of Birth (D.O.B.) must be accurate

Notes:

D Group

- **Can only enter and compete in 2 events over the Championship. This includes the Hammer event on Saturday 1st June as well as Friday 7th & Saturday 8th**
- Maximum events on any 1 day is 2. NB. **D group cannot take part in more than 1 race of 800m and above on same day**
- 800m & 1500m Heats for Boys & Girls will take place on Friday 7th with Finals on Saturday 8th. This means that Group D cannot participate in both of these events.
- There is no Triple Jump for group D

C Group

- **Can only enter and compete in 2 events over the Championship. This includes the Hammer event on Saturday 1st June as well as Friday 7th & Saturday 8th**
- Maximum events on any one day is 2. In addition, **No pupil may compete in two events of 300m/400m and over on one day.**
- There is no 300m hurdle event for group C
- There is no Triple Jump for group C

A & B Groups

- **A&B group are allowed to enter and take part in 3 events over the Championships. This includes events taking place on Saturday 1st June**
- Maximum events on any one day is 2. In addition, **No pupil may compete in two events of 300m/400m and over on one day.**
- **All Steeplechase events will take place at the Pentathlon Championships on Saturday 1st June.**
NB. These events are still part of the T&F Championships and will count as one of 3 allowed events
- **All 3K events will take place on Friday 7th June. This means that these athletes cannot take part in both the 3K & 1500m.**

Entering

It is imperative that schools are especially careful in filling in dates of birth, because if dates of birth are inaccurate, then the athlete could miss his/her event by arriving on the Saturday, only to find that the event took place on the Friday. It is also very important that athletes are entered in the correct event. e.g. an athlete could be entered for Triple Jump but was expected to be entered for the Long Jump and could subsequently come on the wrong day.

A list of events for both days is included.

Please note that :

Group C&D Hammer events for boys & girls

Group A & B Steeplechase events for boys & girls

will take place on Saturday 1st June during the Pentathlon Championships.

Timetable for this will be notified to competing athletes asap.

Once you have entered online, you will receive an invoice detailing your entries and methods of payment.

Entry Fees for 2019 are £8.00 per athlete per event - i.e. an athlete entered for 100m, 200m and Long Jump will be charged £24:00, not £8:00.

Payments should only be made once confirmation of entries has been received along with your invoice and payment slip.

On the entry form, you will be asked to identify two adults

Accompanying Adult

In case of emergencies, it is essential that every athlete taking part in the championships is accompanied by an adult who has their contact details.

School Duty

All schools will be given a duty. This is essential to ensure that the championships operate efficiently and safely. Please complete this section of the form to assist with your school being allocated a duty which is suitable in both preference and time for the person who is identified.

Neither of these adults need to be a member of school staff

QUALIFYING STANDARDS

On one of the enclosed sheets will be found a list of qualifying standards for 2019.

Each competitor should have reached and preferably have surpassed the standard for the event before he or she is entered.

Competitors must demonstrate a competence in their event to be allowed to compete.

Starting Heights

High Jump

Boys A&B 1m60

Girls A&B 1m35

Boys C 1m40

Girls C 1m30

Boys D 1m30

Girls D 1m20

Pole Vault

Boys A 2m40

Girls A&B 2m20

Boys B 2m30

Girls C&D 2m00

Boys C 2m10

Boys D 2m00

Technical Information
Track and Field Championships

Boys	A	B	C	D
Hurdles	110m 99cms 10 flights 13.72m to 1st hurdle 9.14m gap 14.02m to finish	100m 91.4cms 10 flights 13m to 1st hurdle 8.50m gap 10.50m to finish	80m 84cms 8 flights 12m to 1st hurdle 8m gap 12m to finish	80m 76.2cms 8 flights 12m to 1st hurdle 8m gap 12m to finish
	400m 91.4cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	400m 84cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	N/A	N/A
Hammer	6Kg	5Kg	4Kg	3Kg
Javelin	800gr	700gr	600gr	400g
Discus	1.75Kg	1.50Kg	1.25Kg	1.00Kg
Shot	6Kg	5Kg	4Kg	3.25Kg
Girls	A	B	C	D
Hurdles	100m 84cms 10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish	80m 76.2cms 8 flights 12m to 1st hurdle 8m gap 12m to finish	75m 76.2cms 8 flights 11.5m to 1st hurdle 7.5m gap 11m to finish	75m 68.5cms 8 flights 11.5m to 1st hurdle 7.5m gap 11m to finish
	400m 76.2cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	300m 76.2cms 7 flights 50m to 1st hurdle 35m gap 40m to finish	N/A	N/A
Hammer	4Kg	3Kg	3Kg	3Kg
Javelin	600gr	500gr	500gr	400gr
Discus	1Kg	1Kg	1Kg	0.75Kg
Shot	4Kg	3Kg	3kg	2.72Kg

updated 16/6/17