

# SSAA Indoor Track and Field Championships Restrictions, Specifications and Standards

## 1. Entry Restrictions

Athletes may compete in a [maximum of 2 events](#) over the 2 days of competition.

**Under 14 athletes** can only choose from the following events, 60m, 1200m, Shot Put and Long Jump.

**Under 16 athletes** cannot do both 800m and 1500m

### Field Events

**Long Jump** - Athletes will be expected to achieve the entry standard. Please refer to the standards issued with the entry information.

**Triple Jump** - Athletes must have the technical ability to perform in that event and have achieved the entry standard. If athletes do not show competent technique, officials will have the right to withdraw the athlete from the competition for their own safety

Any athlete who does not show for an event that they have qualified for, shall not be permitted to compete in any other event during the two day championships. UKA Rule TR 4.

## 2. Event Specifications

### Shot Put Specifications:

Under 20 Men- 6kg Under 20 Women- 4kg  
Under 18 Men- 5kg Under 18 Women - 3kg  
Under 16 Boys - 4kg Under 16 Girls - 3kg  
Under 14 Boys - 3kg Under 14 Girls - 2.72kg

### Hurdle Specifications:

Under 20 Boys - Height 99.1cm.  
Under 20 Girls - Height 84cm.  
Under 18 Boys - Height 91.4cm.  
Under 18 Girls - Height 76.2cm.  
Under 16 Boys - Height 84cm  
Under 16 Girls - Height 76.2cm  
Under 14 Boys - Height 76.2cm  
Under 14 Girls - Height 68.5cm

## 3. Entry Standards

	Under 14 Girls	Under 14 Boys	Under 16 Girls	Under 16 Boys
60m Hurdles			10.30	10.00
60m	9.00	9.00	8.40	7.70
200m			27.50	25.70
300m			44.50	41.00
800m			2:27.00	2:16.00
1200m	4:15.00	4:05.00		
1500m			5:10.00	4:40.00
Long Jump	4.30m	4.40m	4.60m	5m
Triple Jump				
Shot Put	7m <a href="#">2.72kg</a>	7.50m <a href="#">3kg</a>	8m <a href="#">3kg</a>	9m <a href="#">4kg</a>
High Jump			1.40m <a href="#">Starting Height 1.30m</a>	1.50m <a href="#">Starting Height 1.40m</a>

	Under 18/20 Women	Under 18/20 Men
60m Hurdles	10.00	10.00
60m	8.20	7.60
200m	27.00	24.00
400m	65.00	55.00
800m	2:22.00	2:06.00
1500m	5:00.00	4:20.00
3000m	11:30.00	9:45.00
Long Jump	4.90m	5.40m
Triple Jump	9m Boards - 7m, 9m & 11m	10m Boards - 9m & 11m
Shot Put	9m 3kg 4kg	10.50m 5kg 6kg
High Jump	1m 50 Starting Height 1m 40	1m 65 Starting Height 1m 55
Pole Vault	2.10m Starting Height 2m	2m 50 Starting Height 2m 40

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(Convenor)