



Secondary Pentathlon/Quadrathlon

&

Steeplechase and Hammer Championship 2026

Grangemouth Stadium, Kersiebank Avenue, Grangemouth, FK3 0BS

Saturday 6th June 2026, 10am start

1. Age Groups

Under 20's * (Pentathlon)	Born in 2007, 2008
Under 18's * (Pentathlon)	Born in 2009, 2010
Under 16's * (Pentathlon)	Born in 2011, 2012
Under 14's (Quadrathlon)	Born in 2013, 2014

* Entries in these age groups will be limited to **two** athletes per school, per age group, per gender.

2. Entry Conditions

All entries must be made online.

Schools should only contact Ron Hunter by email (ssaa-events@online-entries.co.uk) if they have not received confirmation of their entries within 2 days of submission.

When confirmation of entry has been received, it must be confirmed as requested.

3. Anti-Doping

All entrants shall be deemed to have made themselves familiar with and agree to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to all entrants participating in the sport of Athletics, for 12 months from the date of competition, whether or not the entrant is a citizen of, or resident in, the U.K.

The information can be found on the webpage (www.ssaa.co.uk).

4. Pentathlon/ Quadrathlon Events - Highlighted below is 1st event per age group

Under 14 Boys	Under 16 Boys	Under 18 Men	Under 20 Men	Under 14 Girls	Under 16 Girls	Under 18 Women	Under 20 Women
100m	Long Jump	Shot	Shot	100m	Hurdles	High Jump	High Jump
Long Jump	Hurdles	Hurdles	Hurdles	Shot	High Jump	Shot	Hurdles
Shot	Shot	200m	200m	Long Jump	Shot	Hurdles	Long Jump
600m	200m	Long Jump	Long Jump	600m	Long Jump	Long Jump	Shot
	800m	1500m	1500m		800m	800m	800m

The starting height for Under 16 Girls High Jump is 1m30.

The starting height for Under 18/20 Women is 1m40.

5. Steeplechase and Hammer Entries

The following events and Age groups will be contested during this event.

Hammer – This event will take place approx. 9:30am.

Under 16 Boys and Girls

Under 18 Men and Women

Under 20 Men and Women

Steeplechase – This event will take place approx. 1pm

U20 Men – 2000m

U18 Men – 1500m

Under 20 Women – 1500m

Under 18 Women – 1500m

6. Entry Fees

a. Pentathlon/Quadrathon

Athlete entry fee is **£20** per individual entry. The entry cost is an **ENTRY FEE** and must be paid for each athlete entered, whether they compete or not.

b. Steeplechase/Hammer

Athlete entry fee is **£10** per individual entry. The entry cost is an **ENTRY FEE** and must be paid for each athlete entered, whether they compete or not.

Cheques should be made payable to 'SSAA'. Please include School Name and Invoice number on back of cheque.

They should be sent to: Mr M Stringer
34 Parfery Way,
Hamilton,
ML3 9GF

Schools may also pay via BACS with the Invoice number to:
SSAA, Sort Code: 30-25-83 Acc No 00422248

N.B. Schools will receive an Invoice with entry confirmation. This should be sent along with payment form.

7. Affiliations

Schools should ensure that the affiliation fee of **£75** has been paid.
It was due on 1st October 2025

Affiliation forms are available on the homepage of the website and should be sent to:

Mr AW Robertson
7 Tay Crescent,
Bishopbriggs,
G64 1EU

Failure to affiliate could result in an entry being refused.

8. Closing Date

The closing date for entries is **Wednesday 13th May 2026**.

No entries will be considered after the online system closes. Only corrections will be accepted.

Athletes must not be sent to Grangemouth Stadium unaccompanied.

The name of the accompanying adult/teacher/parent must be entered on the entry form. This person should be available to officiate in some capacity on the day.

9. Refunds

Please note there will be no refunds should a competitor withdraw after the official closing date.

Mark Stringer

Convenor