



The Scottish Schools' Athletic Association

The 29th Joint Boys & Girls Secondary T&F Championships
Grangemouth Stadium.

Friday 12th June at 10:00am and Saturday 13th June at 10:00am
& Saturday 6th June

Entry can only be made online. See separate sheet for full instructions. The closing date for entry is **Wednesday 20th May 2026**. Only online entry will be accepted, and **no late entries are possible**.

Age Groups Age groups have changed this year in line with UKA/scottishathletics

U'20. Born in 2007, 2008

U'18. Born in 2009, 2010

U'16 Born in 2011, 2012 (Minimum age is 14 by the 31st December 2026)

There are no events for U'14 Born in 2013, 2014

These pupils are encouraged to enter the multi-event on the 6th June.

Quad: 100m, Long Jump, Shot Put, 600m. Closing date for this is 13th May.

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.

There are changes to events in line with the new age groups

U'16

- **Can only enter and compete in 2 events over the Championship.**
This does not include the Hammer/Steeplechase event on Saturday 6th June.
- Maximum events on any one day is 2.
- **Can only enter either the 100m or the 200m. This is to maintain the required length of the programme.**
- Can only take part in 1 event of 300m/800m/1500m/3000m over the 2 days of the championships 12th/13th June.
- **Heats and Finals of the 800m/1500m are permitted on the same day. 1500m will take place on Friday. 800m will take place on Saturday.**

U'18/U'20

- **Are allowed to enter and take part in 3 events over the Championships. This does not include the Hammer & Steeplechase events which will take place on Saturday 6th 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 3K events will take place on Saturday 13th June. This means that athletes cannot take part in more than 1 event from 3000m, 800m 300/400m**
- **There will be no 400m Hurdles or 200m for U'20 Group**

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.

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 entrants participating in the sport of Athletics, for 12 months from the date of the competition, whether the entrant is a citizen of, or resident in, the UK or not. There will be a tick box on the entry page for the member of staff to agree to ensure the rules are understood.

The UKAD document can be found on the SSAA website. ssaa.co.uk and click on the **Information tab**.

A list of events for both days is included.

Please note that:

ALL Hammer events (U'16/18/20) and Steeplechase events(U'18/20) for boys & girls will take place on Saturday 6th June during the Pentathlon Championships. Entry for these events will be included in the Pentathlon Championship entry form. Closing Date is 13th May 2026.

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

Entry Fees for 2026 are £10.00 per athlete per event - i.e. an athlete entered for 100m, 200m and Long Jump will be charged £30:00, not £10:00.

- The event entry cost is an **ENTRY FEE** and must be paid for each athlete entered, whether they compete on the day or not.
- **No entries will be considered after the online entry system closes for an event.**
- When confirmation of entry detail is received, it **must** be confirmed as requested.

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

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

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 and is aware of any medical issues.

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, however due to the changes in PVG regulations in 2025 anyone a school names to assist (i.e. The adult named to be allocated a duty) must be PVG or equivalent registered. This is the responsibility of the school.

QUALIFYING STANDARDS

On one of the enclosed sheets will be found a list of qualifying standards for 2026

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 U'18/20	1m55	Boys U'16	1m40
Girls U'18/20	1m40	Girls U'16	1m30

Pole Vault			
Boys U'20/18	2m50	Boys U'16	2m10
Girls U'18/20	2m10	Girls U'16	1m90

Events on Friday 12th June

U'20 Boys	U'20 Girls	U'18 Boys	U'18 Girls
110m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles
100m	100m	100m	100m
1500m	1500m	1500m	1500m
High Jump	Long Jump	Long Jump	Long Jump
Pole Vault	High Jump	Pole Vault	High Jump
Shot Putt	Pole Vault	Javelin	Pole Vault
	Javelin		Shot Putt
			Javelin

U'16 Boys	U'16 Girls
100m Hurdles	80m Hurdles
100m*	100m*
1500m*	1500m*
Long Jump	Long Jump
Pole Vault	High Jump
Javelin	Pole Vault
	Shot Putt
	Javelin

Events on Saturday 13th June

U'20 Boys	U'20 Girls	U'18 Boys	U'18 Girls
400m	400m	400m Hurdles	400m Hurdles
800m*	800m*	200m	200m
3000m*	3000m*	800m*	800m*
		3000m*	3000m*
Long Jump	Triple Jump	Triple Jump	Triple Jump
Triple Jump	Shot Putt	High Jump	Discus
Javelin	Discus	Shot Putt	
Discus		Discus	

U'16 Boys	U'16 Girls
200m*	200m*
800m*	800m*
High Jump	Discus
Shot Putt	
Discus	

Events marked * are affected by the regulations/rules stated in this information document.