

SSAA Indoor Championships

Distances/ Implements/Restrictions. Updated January 2020

Pupils may compete in a maximum of 3 events over the two days.

Schools may enter 2 competitors per event.

Under 13 Athletes

In accordance with **UKA Rule 141 1[iv]** 'No athlete in this age group is allowed to compete in any race at 300 metres and 400 metres, nor in more than one race between 600 metres and one mile inclusive on the same day.'

This means that the 200 metres is the longest race in which they may compete.

All other athletes

On the day all other athletes may only compete in one of the following events:

300m; 400m; 800m; 1500m.

Any athlete who qualifies for a semi-final or final and fails to contest that race, shall not be permitted to compete in any other event during the championships. **UKA Rule 142 4.**

Should there be a large number of entries in any event above 800 metres, there will be an A and B Final rather than semi- finals.

Long Jump: Competitors will be expected to achieve the entry standard. Please refer to the standards issued with the entry information.

Triple Jump: Competitors must have the technical ability to perform in this event and have achieved the entry standard. If competitors do not show competent technique, officials will have the right to withdraw them from the competition for their own safety.

Shot Put Specifications:

O/16 Boys---5kg U/16 Boys---4kg

O/16 Girls---3kg U/16 Girls---3kg

Competitors will be expected to have achieved the entry standard.

Hurdle Specifications:

O/16 Boys---Height 91.4cms, spacing as for 100m

U/16 Boys---Height 84cms, spacing as for 80m

O/16 Girls---Height 76.2cms, spacing as for 80m

U/16 Girls---Height 76.2cms, spacing as for 75m

Straight sprints will take place at the same time as the circular track events over 300m.