



SSAA Indoor Track and Field Championships



Distances/Implements/Restrictions

Athletes may only compete in a maximum of 2 events over the two days.

Entry Restrictions

Under 13 athlete entries will be considered provided they meet the following criteria.

- Can only compete in the following events - 60m, 200m, Long Jump and High Jump
- Meet the Under 15 standard for the above events.
- Performances are on Power of 10.

All other athletes may only compete in **one** of the following events on the day: 300m, 400m, 800m, 1500m.

Should there be a large number of entries in the 800m and 1500m there could be an A & B final rather than semi-finals.

On both days, the straight track events will take place at the same time as circular track events.

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

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.

Shot Put Specifications:

Under 20 Men- 6kg

Under 20 Women- 4kg

Under 17 Men- 5kg

Under 17 Women - 3kg

Under 15 Boys - 4kg

Under 15 Girls - 3kg

Competitors will be expected to have achieved the entry standard.

Hurdle Specifications:

Under 20 Boys - Height 99.1cm.

Under 20 Girls - Height 84cm.

Under 17 Boys - Height 91.4cm.

Under 17 Girls - Height 76.2cm.

Under 15 Boys - Height 84cm

Under 15 Girls - Height 76.2cm

Entry Standards

	Under 15 Girls	Under 15 Boys	Under 17 Women	Under 17 Men
60m Hurdles	10.30	10.00	10.00	9.50
60m	8.40	7.70	8.30	7.60
200m	28.00	26.00	27.50	24.50
300m	45.00	41.00	45.00	-
400m	-	-	-	55.00
800m	2:30.00	2:18.00	2:25.00	2:10.00
1500m	5:20.00	4.50.00	5.10.00	4:25.00
Long Jump	4m 50	4m 70	4m 80	5m 40
Triple Jump	-	-	8m 50 Boards - 7m & 9m	11m Boards - 9m & 11m
Shot Put	7m 3kg	9m 4kg	8m 3kg	10m 5kg
High Jump	1m 35 Starting Height 1m 25	1m 45 Starting Height 1m 35	1m 45 Starting Height 1m 35	1m 65 Starting Height 1m 55
Pole Vault	2m Starting Height 1m 90	2m 20 Starting Height 2m 10	2m 20 Starting Height 2m 10	2m 50 Starting Height 2m 40

	Under 20 Women	Under 20 Men
60m Hurdles	10.00	9.50
60m	8.30	7.60
200m	27.50	24.50
400m	60.00	53.00
800m	2:25.00	2:05.00
1500m	5:10.00	4:25.00
Long Jump	5m	5m 40
Triple Jump	8m 50 Boards - 7m, 9m & 11m	11m Boards - 9m & 11m
Shot Put	9m 4kg	11m 6kg
High Jump	1m 45 Starting Height 1m 35	1m 65 Starting Height 1m 55
Pole Vault	2m 20 Starting Height 2m 10	2m 50 Starting Height 2m 40