



SSAA Indoor Track and Field Championships

Emirates Arena, London Road, Glasgow, G40 3HY

Tuesday 31st January and Wednesday 1st February 2023



1. Age Groups

Under 20 Born between 1/09/04 and 31/08/06

Under 17 Born between 1/09/06 and 31/08/08

Under 15 Born between 1/09/08 and 31/08/10

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.

Each school may enter 2 athletes per event. Athletes may compete in a **maximum of 2 events** over the 2 days of competition. No entry will be accepted after the online entry system closes.

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 or not the entrant is a citizen of, or resident in, the UK. The information can be found on the webpage (www.ssaa.co.uk).

3. Entry Restrictions

Under 13 athlete entries will be considered provided they meet the following criteria. Entries must be submitted using the online system.

- **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.

4. Entry Fees

Athlete entry fee is £8 per event. 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'

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

Schools may also pay via BACS 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 the payment form.

5. Affiliations

Schools should ensure that the affiliation fee of £75 has been paid. It was due on 1st October 2022.

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

Mr A W Robertson
7 Tay Crescent,
Bishopbriggs
G64 1EU

Failure to affiliate could result in an entry being refused.

6. Photographs and Media

Anyone taking pictures at the event should complete the Emirates Arena Indemnity Form on entry at Level 3. The SSAA cannot be held responsible for photographs taken and printed without permission.

7. Closing Date

The closing date for entries is 13th January 2023

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

Athletes must not be sent to the Emirates Arena 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.

8. Refunds

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

9. 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 3kg	11m 5kg
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

Mark Stringer
(Convenor)