

SSAA SECONDARY RELAY CHAMPIONSHIPS
HUTCHESONS' GS, GLASGOW FRIDAY 5th JUNE 2015

SSAA SECONDARY PENTATHLON CHAMPIONSHIPS
GRANGEMOUTH STADIUM, SATURDAY 6th JUNE 2015

CONVENER Pete Russell

1. Entry can only be made online. Full instructions are enclosed. The closing date for entry is now **Friday 15th May, 2015.**

2. ENTRY REGULATIONS:

(a) Schools may enter **three** multi-eventers in each age group.

(b) Each school may enter two Relay teams per age group. At this stage schools only need to tick the appropriate box if they wish to enter a Relay team. Names and dates of birth will be asked for on the day of the Championships. If you do not have four runners in an age group then schools may run ONE competitor per Relay from the age group below. THIS YEAR THERE WILL ADDITIONALLY BE A GIRLS 4 x 400m AND A BOYS 4 x 400m EVENT. Essentially these two events will be Over 15, ie a combined team from groups A & B. Athletes may obviously only compete in ONE Relay.

(c) Entry fees for each Relay team are £15.00. Entry fees for each Pentathlete are £8.00. Please make cheques payable to "The Scottish Schools' Athletics Association" or "SSAA" and send, together with the enclosed form, to Pete Russell, NO LATER THAN 15th MAY.

(d) All competing schools are asked to provide a member of staff who is willing to officiate - see separate form. All schools must name the accompanying adult who WILL BE ASKED TO OFFICIATE IF NECESSARY.

FIRST YEAR TRIATHLON In an attempt to encourage more athletes to try Multi Events, a new Triathlon event was introduced in 2004. It is basically for First Year pupils, but they MUST be born on or after 01/03/2002. Boys events are 600m, Long Jump and Shot. Girls events are 600m, High Jump and Shot.

3. AGE GROUPS

(a) Pentathletes/Triathletes

Group A - Over 17

Group B - 15-17

Group C - Under 15

Group D - Basically First Year

(b) Sprint Relays (4 x 100m)

Group A - Over 17

Group B - 15-17

Group C - 14-15

Group D - Under 14

(c) Long Relays (4 x 400m) - Over 15 (Group A & B)

All age groups are taken as at 1st September 2015, except Triathlon Group D, where pupils are in First Year, but must be born on or after 01/03/2002. Pupils must be in Secondary school.

4. PENTATHLON EVENTS

BOYS Long Jump, Shot, 200m, 1500m, Sprint Hurdles - U/15 run 800m, not 1500m.
Group D - 600m, Long Jump, Shot.

GIRLS Long Jump, Shot, High Jump, 800m, Sprint Hurdles.
Group D - 600m, High Jump, Shot.

5. There are no qualifying standards.

6. STARTING TIMES :

Pentathlon - 10.00 a.m.; Secondary Relays - 12.30 p.m.; Primary Relays - 1.30 p.m.