



# The Scottish Schools' Athletic Association

## NOTES ON NINETEENTH JOINT BOYS AND GIRLS' SECONDARY CHAMPIONSHIPS GRANGEMOUTH STADIUM

FRIDAY 12th JUNE 2015 AT 11.00 a.m. AND SATURDAY 13th JUNE 2015 AT 10.00 a.m.

Entry can only be made online. See separate sheet for full instructions. The closing date for entry is Friday 22nd May 2015. Only online entry will be accepted and no late entries are possible. The Convener is Janice Hendrie

**AGE GROUPS** All age groups are taken as at 1st September 2015 - Group A - 0/17; Group B - U/17; Group C - U/15; Group D - U/14. Pupils must be in Secondary school.

This is the nineteenth Joint Boys' and Girls' Championships and 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.

A list of events for both days is included.

Please note that Group C&D Hammer events for both boys & girls will take place on **Saturday 6th June** during the **Pentathlon Championships**..

Group A&B Hammer throwers are asked to be prepared to compete at 9.00 a.m. on Friday 12th and that the rest of the Friday programme will start at 11.00 a.m.

**A 300m has been added this year for Group C Girls. Entry standard is 47.0s**

The final programme of events will be available on the website, after 22nd May, when all entries have been received.

Once you have entered online, you should send a cheque for entry fees - £6.00 per athlete per event payable to SSAA, to Janice, Hendrie, with the enclosed entry fee form, which must also include the name of the accompanying adult, no later than 22th May.

**Once again, it is essential that there are enough officials to enable the event to run as smoothly as possible. As a Schools' Association, we owe an enormous debt to the highly qualified SAL officials who help every year but we must also try to ensure that there are enough School officials. As well as asking for officials on the separate form, every school entering an athlete MUST also name the accompanying adult, who will be responsible for the athletes. The adult does not have to be a member of the school staff.**

QUALIFYING STANDARDS On one of the enclosed sheets will be found a list of qualifying standards for 2015. 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.**

No school may enter more than two competitors in any event.

## Starting Heights

### High Jump

Boys A&B 1m60

Boys C 1m40

Boys D 1m30

Girls A&B 1m35

Girls C 1m30

Girls D 1m20

### Pole Vault

Boys A 2m40

Boys B 2m30

Boys C 2m10

Boys D 2m00

Girls A&B 2m20

Girls C&D 2m00

### **N.B. THE NUMBER OF EVENTS FOR WHICH A COMPETITOR MAY BE ENTERED IS THUS RESTRICTED:**

- a) **No pupil is allowed to compete in more than three events, over the two days**
- b) **No pupil is allowed to compete in more than two events, on one day.**
- c) **No pupil may compete in two events of 300m/400m and over on one day.**

The FULL NAME, Personal Best Performance (P.B.) and Date of Birth (D.O.B.) must be accurate

Each competitor in each event will be charged £6:00 - i.e. an athlete entered for 100m, 200m and Long Jump will be charged £18:00, not £6:00.

In Field Events - Long Jump, Triple Jump, Shot, Discus, Javelin, Hammer - all athletes will be allowed three attempts. The best eight will be given a further three trials. Competitors in Pole Vault must bring their own poles. Athletes may use their own throwing equipment, provided that they bring a recent certificate of weight.

The recognised school vest (not club vest) should be worn. SSAA International vests may be worn, if the school agrees. If there is no school vest, then a plain vest should be worn.

SSAA medals will be presented to the 1st, 2nd and 3rd placed athletes in each event. Standard badges will be awarded to all pupils who equal or better the badge standard. Please inform your athletes that the responsibility of collecting a standard badge is theirs and that they should collect it as soon as possible after their event is completed.

**SCHOOLS' TRACK AND FIELD INTERNATIONAL** The 2015 SIAB International will take place on 18th July at Grangemouth. The 1st, 2nd and 3rd placed athletes in Group B (U/17) will be asked to fill in availability forms, although only two athletes per event will be selected.

Friday 12th June 2015

Boys D

200m  
800m  
TJ  
PV  
HT Saturday 6th June

Boys C

200m  
800m  
LJ  
PV  
SP  
HT Saturday 6th June

Boys B

100m  
100m Hurdles  
400m  
1500m  
1500m S/C  
HJ  
TJ  
DT  
JT  
HT

Boys A

100m  
110m Hurdles  
400m  
1500m  
2000m S/C  
LJ  
DT  
SP  
HT

Girls D

200m  
800m  
HJ  
PV  
SP  
HT Saturday 6th June

Girls C

200m  
800m  
HJ  
LJ  
PV  
JT  
HT Saturday 6th June

Girls B

80m Hurdles  
100m  
300m  
1500m  
1500m S/C  
PV  
SP  
JT  
HT

Girls A

100m Hurdles  
100m  
400m  
1500m  
1500m S/C  
LJ  
PV  
SP  
JT  
HT

Saturday 13th June 2015

Boys D

80m Hurdles  
100m  
1500m  
HJ  
LJ  
SP  
DT  
JT

Boys C

80m Hurdles  
100m  
400m  
400m Hurdles  
1500m  
HJ  
TJ  
JT  
DT

Boys B

200m  
400m Hurdles  
800m  
3000m  
LJ  
PV  
SP

Boys A

200m  
400m Hurdles  
800m  
5000m  
HJ  
TJ  
PV  
JT

Girls D

75m Hurdles  
100m  
1500m  
LJ  
DT  
JT

Girls C

75m Hurdles  
300m  
100m  
1500m  
SP  
DT

Girls B

200m  
300m Hurdles  
800m  
3000m  
HJ  
LJ  
TJ  
D T

Girls A

200m  
400m Hurdles  
800m  
3000m  
HJ  
TJ  
DT

<b>Boys</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>Hurdles</b>	110m 99cms 10 flights 13.72m to 1st hurdle 9.14m gap 14.02m to finish	100m 91.4cms 10 flights 13m to 1st hurdle 8.50m gap 10.50m to finish	80m 84cms 8 flights 12m to 1st hurdle 8m gap 12m to finish	80m 76.2cms 8 flights 12m to 1st hurdle 8m gap 12m to finish
	400m 91.4cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	400m 84cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	400m 76.2 cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	N/A
<b>Hammer</b>	6Kg	5Kg	4Kg	3Kg
<b>Javelin</b>	800gr	700gr	600gr	400gr
<b>Discus</b>	1.75Kg	1.50Kg	1.25Kg	1.00Kg
<b>Shot</b>	6Kg	5Kg	4Kg	3.25Kg

<b>Girls</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>Hurdles</b>	100m 84cms 10 flights 13.m to 1st hurdle 8.5m gap 10.5m to finish	80m 76.2cms 8 flights 12m to 1st hurdle 8m gap 12m to finish	75m 76.2cms 8 flights 11.5m to 1st hurdle 7.5m gap 11m to finish	75m 68.5cms 8 flights 11.5m to 1st hurdle 7.5m gap 11m to finish
	400m 76.2cms 10 flights 45m to 1st hurdle 35m gap 40m to finish	300m 76.2cms 7 flights 50m to 1st hurdle 35m gap 40m to finish	N/A	N/A
<b>Hammer</b>	4Kg	3Kg	3Kg	3kg
<b>Javelin</b>	600gr	500g	500gr	400gr
<b>Discus</b>	1Kg	1Kg	1Kg	0.75Kg
<b>Shot</b>	4Kg	3Kg	3Kg	2.72Kg

Updated 24/04/14

	<b>Boys A</b>	<b>Boys B</b>	<b>Boys C</b>	<b>Boys D</b>
<b>100</b>	11.9	11.9	12.6	13.3
<b>200</b>	24.4	24.7	25.8	<b>27.0</b>
<b>400</b>	54.5	54.5	58.5	-
<b>800</b>	02:07.0	02:09.0	<b>02:18.0</b>	<b>02:25.0</b>
<b>1500</b>	04:27.0	04:30.0	04:50.0	05:00.0
<b>3000</b>	-	09:55.0	-	-
<b>5000</b>	17:00.0	-	-	-
<b>1500s/c</b>	-	05:25.0	-	-
<b>2000s/c</b>	07:00.0	-	-	-
<b>80hur</b>	-	-	<b>13.5</b>	13.5
<b>100 hurd</b>	-	15.9	-	-
<b>110Hurd</b>	17.5	-	-	-
<b>400hurd</b>	64.0	64.5	68.0	-
<b>HJ</b>	1.68	1.68	1.52	1.40
<b>LJ</b>	<b>5.80</b>	<b>5.60</b>	<b>5.00</b>	<b>4.50</b>
<b>TJ</b>	12.00	11.00	10.00	9.00
<b>PV</b>	2.60	2.40	2.15	<b>2.00</b>
<b>SP</b>	<b>10.50</b>	<b>11.00</b>	<b>10.00</b>	<b>9.00</b>
<b>JT</b>	<b>40.00</b>	<b>38.00</b>	30.00	28.00
<b>DT</b>	<b>30.00</b>	<b>28.50</b>	<b>25.00</b>	<b>23.00</b>
<b>HT</b>	30.00	<b>28.00</b>	25.00	23.00

	<b>Girls A</b>	<b>Girls B</b>	<b>Girls C</b>	<b>Girls D</b>
<b>100</b>	13.4	13.1	13.5	13.3
<b>200</b>	28.0	27.4	28.0	28.0
<b>300</b>	-	45.0	47.0	-
<b>400</b>	65.0	-	-	-
<b>800</b>	02:30.0	02:30.0	02:35.0	02:35.0
<b>1500</b>	05:30.0	05:20.0	05:30.0	5.:30.0
<b>3000</b>	12:00.0	12:00.0	-	-
<b>1500s/c</b>	06:30.0	06:30.0	-	-
<b>75 hurd</b>	-	-	13.0	13.5
<b>80 hurd</b>	-	13.5	-	-
<b>100 hurd</b>	18.0	-	-	-
<b>300 hurd</b>	-	50.0	-	-
<b>400 hurd</b>	75.0	-	-	-
<b>HJ</b>	1.50	1.45	1.40	1.32
<b>LJ</b>	4.80	4.80	4.50	4.10
<b>TJ</b>	9.25	9.25	-	-
<b>PV</b>	2.25	2.25	2.00	2.00
<b>SP</b>	8.00	8.00	8.00	8.00
<b>JT</b>	22.00	24.00	21.00	20.00
<b>DT</b>	22.00	24.00	20.00	20.00
<b>HT</b>	25.00	25.00	25.00	20.00