

SSAA SECONDARY RELAY CHAMPIONSHIPS
HUTCHESONS' GS, GLASGOW FRIDAY 31st May 2024

CONVENER Pete Russell. Hutchesons' Grammar School

1. Entry can only be made online. Full instructions are enclosed. The closing date for entry is now **Friday 10th May, 2024.**

2. ENTRY REGULATIONS:
 - (a) 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 (except in 400m and 800m relays). This year there will again be a Girls 4 x 400m event and a Boys 4 x 400m event. **In addition, there will also be a Girls 3 x 800m event and a Boys 3 x 800m event. Like the 4 x 400m events, these two events will be Over 15, ie a combined team from groups A & B. Athletes may obviously only compete in ONE Relay.**

 - (b) Entry fees for each Relay team are £20:00. 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 19th MAY.
Payment can also be made by BACS - Sort Code: 30-25-83 Acc No: 00422248 Using reference provided in the invoice

 - (c) 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.**

3. AGE GROUPS
 - (a) Sprint Relays (4 x 100m)

Group A - Under 20	(1.9.2004 - 31.8.2007)
Group B - Under 17	(1.9.2007 - 31.8.2009)
Group C - Under 15	(1.9.2009 - 31.8.2010)
Group D - Under 14	(on or after 1.9.2010)

 - (b) Long Relays (4 x 400m and 3 x 800m) - Over 15 (Groups A & B – born on or before 31.8.2009) (no Under 15 may compete in this event)

Pupils must be in Secondary school.

4. There are no qualifying standards.

5. STARTING TIME: Friday 31st May - Secondary Relays - 2.00pm

6. Anti-Doping
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).