

## SSAA INDOOR CHAMPIONSHIPS

### DISTANCES/IMPLEMENTS/RESTRICTIONS

Pupils may compete in a maximum of 3 events over the two days.  
Schools may enter 2 competitors per event.

In accordance with UKA Rule 141 1 [iv] 'no athlete under 13 on 01.09.2019 is allowed to compete in any race at 300m and 400m, nor in more than one race between 600m and 1500m inclusive on the same day.'

For this event that means that under 13 pupils can only be entered in: 60m, 60m Hdls, 200m and field events.

On the day pupils may only compete in one of the following events:

300m; 400m; 800m; 1500m.

Should there be a large number of entries in any event above 800m, there will be an A & B Final rather than semi-finals.

**Long Jump:** Competitors will be expected to achieve the entry standard [see attached]  
Only jumps beyond this distance will be recorded.

**Triple Jump:** Competitors, must have the technical ability to perform in this event and have achieved the entry standard [see attached]. If competitors do not show competent technique, officials will reserve the right to withdraw them from the event for their own safety.

**Take off boards will be 7m & 9m for Girls and 9m & 11m for Boys.**

**Shot Put Specifications:**

|                  |                  |
|------------------|------------------|
| O/16 Boys – 5kg  | U/16 Boys – 4kg  |
| O/16 Girls – 3kg | U/16 Girls – 3kg |

Competitors will be expected to have achieved the entry standard

**Hurdle Specifications:**

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|--|
| O/16 Boys – Height 91.4cms, spacing as for 100m. |
| O/16 Girls – Height 76.2cms, spacing as for 80m  |
| U/16 Boys – Height 84cms, spacing as for 80m     |
| U/16 Girls – Height 76.2cms, spacing as for 75m  |

Straight sprints will take place at the same time as circular track events.

### PHOTOGRAPHS & MEDIA COVERAGE

Schools must ensure that they have parental permission for photographs to be taken and to be published in the local press.

If there are children who do not have parental permission then it is the responsibility of the person in charge of the children on the day as to whether or not they are included in any photograph taken.

Anyone taking photographs at the event should complete the Emirates Indemnity Form available from Main Reception Desk.

The SSAA cannot be held responsible for photographs taken and printed without permission.