

SSAA SECONDARY RELAY CHAMPIONSHIPS
HUTCHESONS' GS, GLASGOW FRIDAY 31st MAY 2019

CONVENER Pete Russell.

1. Entry can only be made online. Full instructions are enclosed. The closing date for entry is now **Tuesday 14th May, 2019.**

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. **THIS YEAR THERE WILL AGAIN 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.**

 - (b) Entry fees for each Relay team are £15:00. 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 14th MAY.

 - (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 - Over 17 (on or before 31.8.2002)
 Group B - Under 17 (1.9.2002 – 31.8.2004)
 Group C - Under 15 (1.9.2004 - 31.8.2005)
 Group D - Under 14 (on or after 1.9.2005)

 - (b) Long Relays (4 x 400m) - Over 15 (Groups A & B – born on or before 31.8.2004)
 (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