



SSAA Indoor Track and Field Championships

Emirates Arena, London Road, Glasgow, G40 3HY
Wednesday 4th and Thursday 5th February 2026



1. Age Groups

Age in year of competition

Under 14 - Born in 2013, 2014

Under 16 - Born in 2011, 2012

Under 18 - Born in 2009, 2010

Under 20 - Born in 2007, 2008

2. Entry Conditions

All entries must be made online. Schools should only contact Ron Hunter by email (ssaa-events@online-entries.co.uk) if they have not received confirmation of their entries within 2 days of submission.

When confirmation of entry has been received, it **must** be confirmed as requested.

Each school may enter 2 athletes per event. Athletes may compete in a **maximum of 2 events** over the 2 days of competition. No entry will be accepted after the online entry system closes.

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).

Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around shoes available [here](#). It is the athlete's responsibility to ensure compliance with these rules.

3. Entry Restrictions

Under 14 athletes can only choose from the following events, 60m, 1200m, Shot Put and Long Jump.

Under 16 athletes cannot do both 800m and 1500m

4. Entry Fees

Athlete entry fee is £10 per event. The entry cost is an **ENTRY FEE** and must be paid for each athlete entered, whether they compete or not.

Cheques should be made payable to 'SSAA'

They should be sent to: Mr M Stringer

Schools may also pay via BACS to: SSAA, Sort Code: 30-25-83, ACC No: 00422248 (You must include the reference number contained in the invoice.)

N.B. Schools will receive an invoice with entry confirmation. This should be sent along with the payment form.

5. Affiliations

Schools should have affiliated at the start of the school year. Please ensure it is paid prior to submitting entries for this event. Affiliation forms are available on the homepage of the website. Failure to affiliate could result in an entry being refused.

6. Photographs and Media

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

7. Closing Date

The closing date for entries is 13th January 2026

No entries will be considered after the online system closes. Only corrections will be accepted.

Athletes must not be sent to the Emirates Arena unaccompanied.

The name of the accompanying adult/teacher/parent must be entered on the entry form. This person should be available to officiate in some capacity. July 2025 PVG regulations will impact our events, as anyone a school names to assist (i.e. An Officiating Adult) must be PVG or equivalent registered. This is the responsibility of the School.

8. Refunds

Please note there will be no refunds should a competitor withdraw after the official closing date.

9. Timetable - Event distribution

Below is the distribution of events over our two day championship. A more detailed timetable will be published after the closing date.

Day 1

	Under 14 Girls	Under 14 Boys	Under 16 Girls	Under 16 Boys	Under 18/20 Women	Under 18/20 Men
60m Hurdles			X	X	X	X
60m	X	X	X	X	X	X
300m			Heats	Heats		
400m					Heats	Heats
800m			Heats	Heats	Heats	Heats
1200m	Heats	Heats				
1500m			Heats	Heats	Heats	Heats
Long Jump			X	X		
Triple Jump					X	X
Shot Put	X	X				
High Jump					X	X
Pole Vault					X	X

Day 2

	Under 14 Girls	Under 14 Boys	Under 16 Girls	Under 16 Boys	Under 18/20 Women	Under 18/20 Men
200m			X	X	X	X
300m			S/F & F	S/F & F		
400m					S/F & F	S/F & F
800m			Final	Final	Final	Final
1200m	Final	Final				
1500m			Final	Final	Final	Final
3000m					X	X
Long Jump	X	X			X	X
Shot Put			X	X	X	X
High Jump			X	X		

10. Entry Standards

	Under 14 Girls	Under 14 Boys	Under 16 Girls	Under 16 Boys
60m Hurdles			10.30	10.00
60m	9.00	9.00	8.40	7.70
200m			27.50	25.70
300m			44.50	41.00
800m			2:27.00	2:16.00
1200m	4:15.00	4:05.00		
1500m			5:10.00	4:40.00
Long Jump	4.30m	4.40m	4.60m	5m
Triple Jump				
Shot Put	7m 2.72kg	7.50m 3kg	8m 3kg	9m 4kg
High Jump			1.40m Starting Height 1.30m	1.50m Starting Height 1.40m

	Under 18/20 Women	Under 18/20 Men
60m Hurdles	10.00	10.00
60m	8.20	7.60
200m	27.00	24.00
400m	65.00	55.00
800m	2:22.00	2:06.00
1500m	5:00.00	4:20.00
3000m	11:30.00	9:45.00
Long Jump	4.90m	5.40m
Triple Jump	9m Boards - 7m, 9m & 11m	10m Boards - 9m & 11m
Shot Put	9m 3kg 4kg	10.50m 5kg 6kg
High Jump	1m 50 Starting Height 1m 40	1m 65 Starting Height 1m 55
Pole Vault	2.10m Starting Height 2m	2m 50 Starting Height 2m 40

Mark Stringer
(Convenor)