

Recent statement from **scottishathletics**

'scottishathletics have recently been in discussions with Senior Coaches and Technical experts at both UK Athletics and England Athletics around the inclusion of Triple Jump at our Championships for developing athletes in the U15 Age Group.

The forces involved in this event can be particularly damaging to young developing athletes if correct technique is not maintained,. However, the balance and co-ordination required to perform the three phases benefits the long-term development and skill advancement of the athletes involved.

For the 2016 Indoor Season, scottishathletics will be offering Triple Jump to both U15 Boys and U15 Girls with the following limitations:

**9m, 7m and 5m boards will be available only*

**The run-up will be restricted to a maximum length of 15 metres from the take-off board'*

Triple Jump will be available to U15 Boys and Girls (with the limitations stated above) at the Grangemouth series of Indoor Open Graded Meetings