



Virtual SUPERteams Challenge 2020

Information for Clubs

How does the Virtual SUPERteams Challenge Work?

The Virtual SUPERteams Challenge will be led by clubs, using this guide to deliver a series of four SUPERteams-inspired challenges to their younger members over a four-week period in May and June 2020. Clubs will be able to create their own leaderboards for their members in each of the four individual events, as well as identify their 'all-rounder' leaders – the athletes scoring the highest combined points total across all four events.

On a national level, clubs will also be invited to submit their athletes' results to **scottishathletics** for inclusion in the National SUPERteams leaderboard. Whilst the club-level competition will be for individuals, the national event will collate team results, to identify the Virtual SUPERteams Challenge Champions. As in the traditional SUPERteams events, teams will be made up of four athletes whose individual scores will be combined to give a team total. In the Virtual event, the top four scorers from a club will form its 'A' team, the next four the 'B' team, and so on. Clubs can enter as many athletes and teams as they wish.

Who Can Take Part in Virtual SUPERteams?

Athletes taking part in the Virtual SUPERteams Challenge must have a **date of birth between 01/09/2008 – 14/06/2011**. This means they must be under 12 on 31st August 2020 and at least 9 years old on the final competing day of the Challenge.

All athletes taking part in the Virtual SUPERteams Challenge must also be up-to-date members of **scottishathletics** on 14th June 2020. Clubs can check the membership status of their athletes within the athlete list in the [club portal](#). Athletes will not be able to contribute to a team score if their **scottishathletics** membership is not valid on this date. Renewals made between the final day of competing and the publication of scores will not be accepted.

Clubs may opt to accept individual entries from athletes outside of the U12 age group. These athletes may take part at club level but will not be able to score in a national U12 team. Clubs should let the **scottishathletics** events team know which age groups they wish to include, and events for different age groups will be set up in the scoring system for you.

When Will Virtual SUPERteams Take Place?

- Week 1 – Monday 18th – Sunday 24th May
- Week 2 – Monday 25th – Sunday 31st May
- Week 3 – Monday 1st – Sunday 7th June
- Week 4 – Monday 8th – Sunday 14th June
- All final individual results to be submitted by athletes to their club for scoring by noon on Tuesday 16th June
- Club results to be finalised for team scoring by noon on Thursday 18th June.
- Final national team results published by Saturday 20th June.

VIRTUAL SUPERTEAMS EVENTS

The four events making up the Virtual SUPERteams Challenge are:

1. 75m Shuttle Run
2. Target Throw
3. Standing Long Jump
4. 800m Run

Clubs should introduce one event per week to allow plenty of time for athletes to practise each event and to submit their best result for scoring. By the end of the four week period, all athletes taking part in the Challenge will have recorded a result in each of the four events.

My Club Has Signed Up – What Next?

Before the Virtual SUPERteams Challenge Starts

- Recruit some helpers – clubs will be promoting the Challenge to their members, so make sure your club media officer is on-board. Clubs will also be uploading performances for the individual events, so it may be useful to recruit some IT-literate parents or older-athlete helpers to pull the results together.
- Agree and Open Entry Process – decide how you would like your athletes to sign up. Entry for the Virtual SUPERteams Challenge is free to **scottishathletics** affiliated clubs, but clubs may wish to collect a donation towards club funds or a charity from their members taking part in lieu of an entry fee.
- Promote the Challenge amongst your members – let athletes know how they can take part.
- Prepare any information you need to communicate to your members taking part. This could be instructions on how to complete each event in the Challenge (written, drawn or video) and decide how you will spread the word (e-mails, social media, club website, etc.)
- Familiarise yourself with the OpenTrack Scoring system. On registering for the event, one member of your club will be named as the 'Event Director' on the system and will be the lead point of contact for results and scoring. They will be able to add 'Officials' (including helpers!) to the club's event within the system. Should clubs have any questions, they should contact events@scottishathletics.org.uk The events team will be on-hand to answer any queries you may have, and would be happy to arrange a virtual walkthrough of the system at a suitable time if you feel this would be useful. Further details on how to use OpenTrack can be found below.

During the Virtual SUPERteams Challenge

The Virtual Challenge takes place over four weeks, with athletes completing a different challenge each week from a different event group. Each challenge is explained below, and additional information will be available weekly through the **scottishathletics** social media channels. Don't forget to share your club's photos and video clips with us throughout the Challenge – even coaches and parents can have a go!

Week 1 - 75m Shuttle Sprint

- Stopwatch
- Tape Measure

The shuttle run should be completed over a 5m course, measured out on a flat, dry grass or road surface in the garden, on the driveway or elsewhere close to the home. Athletes should run 15 back-to-back repetitions of the 5m course to give one 75m time. Athletes should touch the 5m and start marks with one hand after each repetition. Times can be recorded using any standard stopwatch, including a smartphone app.

Week 2 - Target Throw

- Tape Measure
- A Target (such as a washing basket, dog bed or large bucket)
- Pair(s) of balled up socks (any size or colour!)

Using the same 5m distance as the shuttle run, a target (such as a washing basket, dog bed or large bucket) should be placed 5m away from the athlete. The athlete has 20 attempts to throw a pair of balled up socks into the target from the 5m marker. Each successful throw earns 5 points. You can throw the same pair 20 times, throw 20 different pairs, or anything in between to total 20 attempts.

<p>Week 3 - Standing Long Jump</p> <ul style="list-style-type: none"> • Tape Measure <p>Standing long jump can be measured with a tape measure on any (reasonable) ground surface – on a trampoline is cheating! Athletes should jump forwards from a standing position and land as far from their take-off point as they can. Athletes must start and land with two feet together. Should they fall back on landing, they should take their attempt again.</p>	<p>Week 4 - 800m Run</p> <ul style="list-style-type: none"> • A 400m route (to be run twice – out and back) or 800m loop route <p>The 800m run involves the farthest travel from the home. Athletes should have assistance from an adult in measuring out a 400m route (out and back) or 800m route (loop starting and ending at the same point) using a GPS device or other method of measurement. It is recommended that athletes walk the route with an adult before running their timed attempt, and all athletes must be supervised by a responsible adult from within their household whilst completing their run. Full rules for the 800m time trial can be found within the Virtual SUPERteams Challenge Rules, available from the scottishathletics fixture page.</p>
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All of the Virtual SUPERteams events can also be adapted for athletes with a disability. Here are some suggestions:

<p>75m Shuttle Sprint</p> <p>Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment (as long as the guide is someone from within the same household). If shuttle runs are not possible for safety or practical reasons, a 100m course may be used to record a 100m time. A further route is required in this instance to produce a comparable time. The 100m course should be on a road surface (quiet road, cycle path or similar), not on a track.</p>	<p>Target Throw</p> <p>Athletes with a physical disability can propel the object with their hands or feet. A guide can be used for an athlete with a visual impairment (as long as the guide is someone from within the same household).</p>
<p>Standing Long Jump</p> <p>Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment (as long as it is someone within the same household). A frame may be used to steady a CP or amputee athlete if required for balance.</p> <p>Athletes on wheels should perform a long push: one push of your wheels / feet from the start point. The end point would be where the back wheel is when the athlete comes to a stop. To score comparatively, the distance achieved with a push should be divided by 8 (eg. 6m becomes 0.75m; 8m becomes 1m; 12m becomes 1.50m, etc.)</p>	<p>800m Run</p> <p>Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment (as long as it is someone within the same household).</p>

After Athletes Have Completed Their Challenges

- Collect results from your athletes (or their parents/guardians). This may be through an online form, by e-mail, or by any other method you choose. You could do this weekly, to keep a running leaderboard, or at the end of the four weeks. Athletes can take as many attempts at each of the four events as they want within the timeframe of the Challenge, but should submit only one performance to the club for each of the four events as their final result.
- Double-check membership numbers submitted – if an athlete's number is incorrect, or if an athlete's membership is not valid on the final day of competing (14th June 2020), the athlete will not be able to score points for the club in the team challenge. Clubs can check membership numbers and the validity of the athletes' memberships in the 'Athlete List' in the club portal.
- Clubs will use OpenTrack's SUPERteams scoring capabilities to calculate individual results. Results should be uploaded into the system by clubs and scores will be calculated automatically using the pre-set formula. Again, you could do this weekly or after all four challenges have been completed. The system will automatically generate a leaderboard for your members.
- Results will be published on the OpenTrack website. You should share the club leaderboard with your members, and you can recognise individual winners as you decide. You could keep a running leaderboard, updated week by week or simply publish the final results at the end of the full Challenge.
- The **scottishathletics** Events Team will be able to access the results you upload to OpenTrack for team scoring. You do not need to submit another copy of the results for the team scores to be calculated.

All scores uploaded by the club will be considered for team scoring, with the top four individuals in each gender making up the club's 'A' team, the next four the 'B' team and so on until every athlete taking part is in a team. This means athletes may change team on the National leaderboard week by week, so they will need to perform well in all four elements to remain in the club's 'A' team!

Using OpenTrack

Setting Up and Administering Your Event

Full details on setting up and organising an Event on OpenTrack can be found [here](#)

Setting the race up will be done on behalf of the club by the **scottishathletics** Events Team. The lead Club official will be invited to become a Director of the event and will then be able to invite other officials and volunteers to assist. Setting the Date, Location, Organisation and Other Basic Info will be done on behalf of the club by the **scottishathletics** Events Team.

Your homepage text and results display will mirror what is shown on the **scottishathletics** Fixture Page. It should be updated to include basic details of the event – who, what where and when - as well as the process and contact details for submitting individual results to the club for scoring.

For more information: [gaining access](#) [setting up events](#) [write homepage text and choose results display](#)

Note: you must be logged into the OpenTrack Website to gain access to these links



Bulk Adding Competitors

All entered athletes must be uploaded into the Open Track system. Entries can be submitted individually or in bulk. It is recommended that entries are submitted in bulk after a closing date, although additional entries can be uploaded at any time.

The following information is required for bulk uploading of entrants:

Competitor ID – This must be the **scottishathletics** number of the athlete.

First Name

Last Name

Gender

Date of Birth – Must be yyyy-mm-dd format

Team ID – This is the 3-5 Digit code for the affiliated athletics club, provided in your registration confirmation e-mail.

All other headings can be disregarded. Once athletes have been uploaded, you can also administer / view them from this page.

If an athlete does not have a **scottishathletics** membership, they can still compete at club-level, but will not be eligible to score in the team event. If you wish to add an athlete without a membership number, contact the **scottishathletics** team for a temporary competitor number.

For more information: [bulk adding competitors](#)

Bulk Loading Results

From the Events screen on the OpenTrack event homepage select the 'Results' button. Then from the list of events, select the SUPERteams Challenge event you would like to submit results to e.g. "75m Shuttle Run". Next, select "Bulk Operations".

From your results spreadsheet copy and paste the following columns:

Bib – this is the SA number for the athlete

Performance – this is the performance for the SUPERteams challenge event (in the correct format)

Click "Save" to save the scores. Any duplicate results will be overwritten with the latest results from this form, meaning that any athlete who submits a result, then resubmits a better one will have their latest performance show as their final score. The leaderboards will then be updated automatically to rank your athletes.

For more information: [bulk load results](#)

Additional Resources

Clubs should also read the **Virtual SUPERteams Challenge Rules**, available from the **scottishathletics** fixture page for the event, and included in the club information e-mail. Athletes and parents may also be directed to read this document before beginning the Challenge.

Should clubs require any assistance with delivering these challenges within their club, they should contact the **scottishathletics** Development Team on development@scottishathletics.org.uk. For assistance with accessing and using OpenTrack for scoring, please contact the Events Team on events@scottishathletics.org.uk

