

NOTES FOR COMPETITORS/NODIADAU AR GYFER CYSTADLEUWYR

1. The competitions are run under UK: Athletics rules and the following Welsh Schools' Athletic Association rules:
 - i) Junior and Middle competitors cannot take part in more than **TWO individual** events. Senior competitors may compete in up to **THREE individual** events
 - ii) Junior athletes cannot compete in both 800m and 1500m races.
 - iii) Each competitor may compete only in his/her age group.
 - iv) Guest competitors are not allowed. No competitor is allowed extra trials, using different weighted implements, at any time during the championships.
2. The age groups for the championships are as follow:
 - Senior: over 17 years & under 20 years (normally years 12, 13 & 14)
 - Middle: over 15 years & under 17 years (normally years 10 & 11)
 - Junior: over 13 years & under 15 years (normally years 8 & 9)

All age groups operative at midnight 31st August/1st September 2019.

[There is no competition for pupils in the first year in secondary school (NC Year 7)]
3. The points scoring system for the championships is as follows:
 - 1st:** 8 points; **2nd:** 7 points; **3rd:** 6 points; **4th:** 5 points; **5th:** 4 points; **6th:** 3 points;
 - 7th:** 2 points; **8th:** 1 point.
4. Championship medals are awarded to the first three competitors in each event. In the team competitions, a trophy is awarded to the District gaining most points in each age group. There is also a trophy – the President's Cup - for the district which gains the most points over the six competition sections.
5. In adverse weather conditions, only athletes wearing spikes will be allowed to compete in hurdles, high jump and javelin events. The meeting manager, in conjunction with the track and field referees, will make this decision as appropriate.

TRACK EVENTS/GWEITHGAREDDAU TRAC.

1. The lane draw for straight finals will be made by the meeting manager.
2. In the event of heats being run, qualifying conditions for finals are:
 - 2 heats – first 3 in each heat plus the two (2) fastest losers will proceed to the final.
3. If there are heats listed in the programme/final timetable all athletes in track events must report to the call room (marquee opposite finish line) **20 minutes** before the time of the heat. If there are then insufficient reporting athletes to warrant heats, the final will be held at **heat time**. Please note that team managers, coaches or parents are not allowed in the call room.

An athlete who fails to turn up for a final, having qualified to do so, without notifying the referee, will be excluded from subsequent events. Athletes who pull out of a final without adequate reason will be excluded from subsequent events.

4. Relay races - Athletes must report to their respective boxes. Consequently, only the first leg runners should report to the start.

FIELD EVENTS/GWEITHGAREDDAU MAES.

1. In all Junior Events (Girls and Boys) - competitors are allowed three trials.
2. In all Senior and Middle Events (Girls and Boys) - all competitors are allowed three trials. Athletes placed in the first four (4) positions after three rounds of competition should be allowed to take three additional trials. If, at the end of three rounds, there is a tie for the fourth place, then all those competitors tying should be included in the last three rounds.
3. Order of competition is drawn under the direction of the meeting manager.
4. Athletes who have entered a track event, which may clash with their field event, are required to report to the field event judges before competing in the track event. Athletes who leave the event to compete in a track event may re-join the competition at the round it has reached on their return.
5. Competitors are not allowed extra trials after a competition has finished.

EQUIPMENT SPECIFICATION/MANYLION CYFARPAR

EVENT	SENIOR BOYS	MIDDLE BOYS	JUNIOR BOYS
SHOT	6.00kg.	5.00kg.	4.00kg.
DISCUS	1.75kg.	1.50kg.	1.25kg.
JAVELIN	800gm.	700gm.	600gm.
HAMMER	6.00kg.	5.00kg.	4.00kg.
EVENT	SENIOR GIRLS	MIDDLE GIRLS	JUNIOR GIRLS
SHOT	4.00kg.	3.00kg*.	3.00kg*.
DISCUS	1.00kg.	1.00kg.	1.00kg.
JAVELIN	600gm.	500gm.*	500gm.*
HAMMER	4.00kg.	3.00kg.*	3.00kg.

*indicates a change in specification from 2013

Please note: The use of mobile phones, iPods and similar electronic equipment inside the stadium is forbidden.