

CARDIFF & the VALE of GLAMORGAN SCHOOLS' ATHLETICS ASSOCIATION

Senior (under 20) and Middle (under 17) Championships 2019

Cardiff International Sports Campus, Leckwith on Wednesday May 1st - Timetable of Events

V2 (08/04/19)

		TRACK						FIELD			
1	12:00	400m Hurdles	TimeT	MB	2H	16	38	12:20	High Jump	MG	
2	12:10	300m Hurdles	TimeT	MG	1H	8	39	12:20	Long Jump	MB	Pool 1
3	12:15	200m	Heats	MB	4H	32	40	12:20	Triple Jump	MG	
4	12:31	200m	Heats	MG	4H	32	41	12:20	Shot Put	MB - outside	Pool 1
5	12:47	400m	Heats	MB	4H	32	42	12:20	Discus	MG	Outside
6	13:03	300m	Heats	MG	3H	36	43	12:20	Javelin	MB	Inside
7	13:15	800m	TimeT	MB	3H	24					
8	13:30	100m Hurdles	Heats	MB	2H	20	44	13:30	High Jump	MB	
9	13:42	80m Hurdles	Heats	MG	2H	20	45	13:30	Long Jump	MG	Pool 1
10	13:54	200m	Final	MB		8	46	13:30	Triple Jump	MB	
11	13:59	200m	Final	MG		8	47	13:30	Shot Put	MG - outside	Pool 1
12	14:04	400m	Final	MB		8	48	13:30	Discus	MB	Outside
13	14:09	300m	Final	MG		8	49	13:30	Javelin	MG	
14	14:15	1500m	Final	MB		??					
15	14:25	4 x 100m Relay	Heats	MB	3H	24	50	14:35	Long Jump	MB	Pool 2
16	14:40	4 x 100m Relay	Heats	MG	3H	24	51	14:35	Shot Put	MB - outside	Pool 2
17	15:00	400m	Final	SB & SG		8					
18	15:04	3000m	Final	SB, SG, MB, MG		20	52	15:05	Hammer	MB, MG, SB & SG	Outside
19	15:19	110m Hurdles	Final	SB		4	53	15:15	Triple Jump	SB & SG	
19	15:19	100m Hurdles	Final	SG		4					
20	15:24	100m Hurdles	Final	MB		8	54	15:30	Pole Vault	MB, MG, SB & SG	
21	15:29	80m Hurdles	Final	MG		8					
22	15:34	200m	Finals	SB & SG		16	55	15:30	High Jump	SB & SG	
23	15:42	100m	Heats	MB	4H	32	56	15:30	Long Jump	MG	Pool 2
24	15:58	100m	Heats	MG	4H	32	57	15:30	Shot Put	MG, SB & SG - outside	Pool 2
25	16:14	800m	Time T	MG & SG	2H	16					
26	16:24	800m	Final	SB		8	58	16:30	Long Jump	SB & SG	
27	16:29	1500m Steeplechase	Final	MG & SG		4	59	16:30	Discus	SB & SG	Outside
28	16:39	100m	Final	SB & SG		10					
29	16:43	100m	Final	MB		8	60	17:00	Javelin	SB & SG	Inside
30	16:47	100m	Final	MG		8					
31	16:51	400m Hurdles	Final	SB & SG		8					
32	16:55	1500m	Final	SB, SG, & MG		20					
33	17:05	2 Km Walk	Final	SB, SG, MB & MG		16					
34	17:25	1500m Steeplechase	Final	SB, MB		3					
35	17:40	4 x 100m Relay	Final	SB & SG		8					
36	17:45	4 x 100m Relay	Final	MG		8					
37	17:50	4 x 100m Relay	Final	MB		8					

Please note:

- The meeting is held in the spirit of UK Athletics rules and under Cardiff & the Vale of Glamorgan Schools' rules. Schools are invited to enter a maximum of two pupils in each individual event. Each pupil may compete in a maximum of three individual events, plus a relay. If a pupil competes in three individual events, **one of the three must be a field event.**
- AGE GROUP**
Middle athletes must be over 15 and under 17 at midnight on August 31st/September 1st 2019 [Years 10 & 11].
Senior athletes must be over 17 & under 20 on August 31st/September 1st 2019.
- SAFETY POLICY**
(a) In wet weather, only pupils wearing spikes will be permitted to compete in high jump and hurdles races.
(b) **Only pupils competing in events are permitted inside the perimeter fence of the competition area. Spectators, supporters and athletes, who are not competing, must stay outside the perimeter fence.**
(c) The centre of the track is a danger area. Pupils must never cross it.
- REPORTING POLICY**
All track athletes must report to the Starters' Marksman at least 20 minutes before the event is due to start.
- Pupils are required to wear their school (or college) vest. **The wearing of club, district, regional or national vests is not permitted.** Competitors, who are deemed to be unsuitably dressed by the appropriate referee, will be liable to disqualification.
- In all track and field events pupils are expected to wear the unique number (which they have been issued with) on the front of their vest. **Each number must be fastened to the vest EITHER by four pins - one at each corner of the number – OR by double-sided tape.**
- In all track events in which heats are held, the heat winner plus an appropriate number of fastest losers will compete in the final. The number of athletes in heats and finals of track events will depend on the number of available timekeepers. **If a pupil, who has competed in the heats of a track event and qualifies for the final, either arrives late for the final or withdraws from the final on the grounds of illness or injury, he/she will not be eligible to take part in any further event on the track or on the field during the remaining events at that meeting. The pupil will not be eligible for any available points in that or any subsequent events at the meeting, but any points gained in events, prior to that final, will stand.**
- Pupils taking part are advised that the wearing of jewellery and the use of headphones and mobile phones **INSIDE** the competition area constitutes a health and safety hazard. Jewellery should not be worn and **iPods and mobile phones** are to be switched off, and headphones are to be stored when a pupil is competing in the competition area.