

CARDIFF & the VALE of GLAMORGAN SCHOOLS' ATHLETICS ASSOCIATION

U14 & U16 CUP 2019 - TIMETABLE FOR CUP FINALS A and B

Wednesday, June 19th at Cardiff International Sports Campus – version 1

		Track			Field			
1	13:00	80m Hurdles	U16 Boys	29	13:05	Long Jump	U14 Boys	
2	13:10	75m Hurdles	U16 Girls	30	13:05	High Jump	U16 Boys	
3	13:20	75m Hurdles	U14 Boys		A Final	Bed 1	B Final	Bed 2
4	13:30	70m Hurdles	U14 Girls	31	13:05	Shot	U16 Girls	Outside
				32	13:05	Discus	U16 Boys	Outside
5	13:40	1500m	U14 Girls	33	13:05	Javelin	U14 Girls	Inside
6	13:49	1500m	U14 Boys					
7	13:58	1500m	U16 Girls	34	13:55	Long Jump	U16 Boys	
8	14:07	1500m	U16 Boys	35	13:55	High Jump	U16 Girls	
					A Final	Bed 1	B Final	Bed 2
9	14:16	200m	U14 Girls	36	13:55	Triple Jump	U14 Boys	Non
10	14:24	200m	U14 Boys	37	13:55	Shot	U14 Girls	Outside
11	14:32	200m	U16 Girls	38	13:55	Discus	U14 Boys	Outside
12	14:40	200m	U16 Boys	39	13:55	Javelin	U16 Girls	Inside
13	14:48	300m	U14 Girls	40	14:45	Long Jump	U16 Girls	
14	14:56	300m	U14 Boys	41	14:45	High Jump	U14 Girls	
15	15:04	300m	U16 Girls		A Final	Bed 1	B Final	Bed 2
16	15:12	300m	U16 Boys	42	14:45	Triple Jump	U16 Boys	
				43	14:45	Shot	U14 Boys	Outside
17	15:20	100m	U14 Girls	44	14:45	Discus	U16 Girls	Outside
18	15:28	100m	U14 Boys	45	14:45	Javelin	U16 Boys	Inside
19	15:36	100m	U16 Girls					
20	15:44	100m	U16 Boys	46	15:35	Long Jump	U14 Girls	
				47	15:35	High Jump	U14 Boys	
21	15:52	800m	U14 Girls		A Final	Bed 1	B Final	Bed 2
22	16:01	800m	U14 Boys	48	15:35	Shot	U16 Boys	Outside
23	16:10	800m	U16 Girls	49	15:35	Discus	U14 Girls	Outside
24	16:19	800m	U16 Boys	50	15:35	Javelin	U14 Boys	Inside
				51	15:35	Triple Jump	U16 Girls	
25	16:28	Relay	U14 Girls					
26	16:36	Relay	U16 Girls					
27	16:44	Relay	U16 Boys					
28	16:52	Relay	U14 Boys					

The meeting is held in the spirit of UK Athletics rules and under Cardiff & the Vale of Glamorgan Schools' rules.

- In wet weather, only athletes wearing spikes will be allowed to compete in high jump and hurdles events.
 - Only athletes competing in events are permitted inside the perimeter fence.
 - The centre of the track is a danger area. Athletes must never cross it.
- Cup competitions are held for the following age groups:
 - Under 14 Over 12 and under 14 on 1st of September 2019 - usually Years 7 & 8
 - Under 16 Over 14 and under 16 on 1st of September 2019 - usually Years 9 & 10

In the u14 boys' 300m and triple jump and u14 girls' 300m, only year 8 pupils are permitted to compete. The u14 boys' triple jump is a non scoring event. A limited run-up will be used in u16 triple jump events.
- Athletes are permitted to compete in a maximum of two individual events, together with a relay. **If an athlete does compete in two individual events, one must be a track event and the other a field event.**
- In individual events, pupils are expected to wear AT LEAST ONE OF THEIR ALLOCATED school (or college) number on their school vest. Each number should be **fixed** to the vest by four pins.
- In the event of a tie on points for ANY team place at the end of a Final, the tie break will be the number of individual winners. If the tie remains, the relative positions of the tying teams in the relay will determine the placings.
- In all throws and horizontal jumps, athletes will be permitted three attempts.
- In all high jump competitions, each pupil is limited to a maximum of **EIGHT** attempts.
- The wearing of jewellery and the use of headphones by athletes is not permitted inside the barrier fence, and mobile phones are to be switched off.
- In track events up to 300 metres, including hurdles and relays, the B Final race will be run before the A Final race. In 800 metres and 1500 metres, the athletes will compete in the same race.