

# CARDIFF & the VALE of GLAMORGAN SCHOOLS' ATHLETICS ASSOCIATION

(Affiliated to the Welsh Schools' Athletic Association)

## Year 7 Girls (Under 13) Championships

Cardiff International Sports Campus on Tuesday July 2nd, 2019

version 3 (confirmed 08/04/2019)

TRACK				FIELD				
1	13:00	70m Hurdles	Heats (6)	36	14	13:15	Long Jump	Pool 1
2	13:30	200m	Heats (8)	48	15	13:15	High Jump	Pool 1
3	14:00	70m Hurdles	Finals (3)	18	16	13:15	Shot (Outside)	Pool 1
4	<b>14:15</b>	<b>800m</b>	<b>T-Trials (1 &amp; 2)</b>	16	17	13:15	Javelin (Inside)	Pool 1
5	14:25	200m	Finals (3)	18				
6	<b>14:40</b>	<b>800m</b>	<b>T-Trials (3 &amp; 4)</b>	16	18	<b>14:20</b>	Discus (Outside)	Pool 1
7	14:50	4 x 100 Relay	Heats (4)	24	19	<b>14:20</b>	Javelin (Inside)	Pool 2
8	<b>15:10</b>	<b>1500m</b>	<b>T-Trial (1)</b>	16	20	<b>15:10</b>	Long Jump	Pool 2
9	15:20	100m	Heats (8)	48	21	<b>15:10</b>	High Jump	Pool 2
10	<b>15:50</b>	<b>1500m</b>	<b>T-Trials (2 &amp; 3)</b>	<b>32</b>				
11	16:25	100m	Finals (3)	18	22	<b>15:35</b>	Shot (Outside)	Pool 2
12	16:40	1000m walk		30	23	15:35	<b>Discus (Outside)</b>	Pool 2
13	16:50	4x100 Relay	Finals (2)	12				

Please note:

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

### 1. AGE GROUP

**Athletes must be over 12 and under 13 at midnight on August 31<sup>st</sup>/September 1<sup>st</sup> 2019 [Usually year 7!]**

2. Athletes are permitted to compete in a maximum of three individual events, one of which must be a field event, plus a relay event. At under 13, pupils are not permitted to compete in 800 metres and 1500 metres events on the same day.
3. **Schools are permitted to enter two scoring pupils in each individual track event and one scoring team in the relay. In all field events, schools can enter three pupils BUT only the top two (of the three) will be eligible to gain team points**
4. **SAFETY POLICY**  
In wet weather, only athletes wearing spikes will be permitted to compete in high jump and hurdles races.
5. For safety reasons:
  - (a) Only athletes competing in events are permitted inside the perimeter fence and in the outside throws area. Spectators, supporters and athletes, who are not competing, must stay outside the barrier fence.
  - (b) The centre of the track is a danger area. Athletes must never cross it.
6. Athletes are required to wear their school (or college) vest. In all events, pupils will be issued with a unique number. A number should be fixed to a vest EITHER with 4 pins OR by double-sided tape.
7. If a school has one competitor in a field event, the athlete must report and compete in Pool 1.
8. If a school has two competitors in a field event, one athlete must compete in Pool 1 and the second athlete must compete in Pool 2.
9. In track events up to and including 200 metres, including hurdles events, the fastest athletes in each event, irrespective of finishing position in their heat, will qualify to compete in the A final. The next fastest group of athletes will qualify to compete in the B final. Heat winners will not necessarily compete in the A final as of right. If two Finals are held, the B Final will be held first followed by the A Final. If three Finals are held, the C Final will be held first, followed by the B Final, with the A Final being held last of the three.
10. The 800 and 1500 metres events - both boys and girls - will be held as time-trials. An athlete's time will determine his / her overall position.
11. Points scoring at this fixture:

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
17	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

12. In all throws and horizontal jumps, athletes will be permitted three attempts.
13. **The first floor area at Cardiff International Sports Campus is OUT of BOUNDS to pupils. A high standard of behaviour – towards the facilities and all staff who work here - is expected of all pupils while on site at Cardiff International Sports Campus.**
14. **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.**
15. 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 mobile phones are to be switched off, and headphones are to be stored when a pupil is competing in the competition area.