

**U14 & U16
AFAN NEDD TAWE
SCHOOLS ATHLETICS
ASSOCIATION
CUP COMPETITION**

Wednesday 19th June 2019

Swansea University Athletics Track

Sponsored By



AFAN NEDD TAWE SCHOOLS ATHLETICS ASSOCIATION

U14 & U16 INTER SCHOOLS TRACK AND FIELD CUP COMPETITION

| | |
|---------------|----------------------------------|
| Chairman | Steve Jones |
| Vice Chairman | Zane Maynard |
| Treasurer | Andrew Jenkins (Welsh Athletics) |
| Secretary | Nicole Evans |

The Association welcomes you to the 2018 District Inter Schools Track and Field Cup Competition. The winning team in each age group will represent the District at the National Cup Final and the runners up in each age group will compete in the National Plate Final at Brecon Athletics Stadium on Thursday 13th July 2017. We would like to thank the stadium staff for their help during the competition and for their support to athletics during the school year, and the very many officials and teachers without whom there would be no championships.

Mr. S. Jones
(Chairman)

INTER SCHOOL CUP & PLATE WINNERS

| Year | Age Group | Cup | Plate |
|------|--------------|-------------|----------------|
| 2010 | JUNIOR BOYS | Gwyr | St Josephs |
| 2010 | MIDDLE BOYS | Dwr Y Felin | Birchgrove |
| 2010 | JUNIOR GIRLS | Gwyr | Bishopston |
| 2010 | MIDDLE GIRLS | Olchfa | Bishop Vaughan |
| 2011 | JUNIOR BOYS | Gwyr | Bishopston |
| 2011 | MIDDLE BOYS | Gwyr | Dwr Y Felin |
| 2011 | JUNIOR GIRLS | Ystalyfera | Gwyr |
| 2011 | MIDDLE GIRLS | Olchfa | Bishopston |
| 2012 | JUNIOR BOYS | Gwyr | Olchfa |
| 2012 | MIDDLE BOYS | Gwyr | Bishopston |
| 2012 | JUNIOR GIRLS | Bishopston | Gwyr |
| 2012 | MIDDLE GIRLS | Olchfa | Gwyr |
| 2013 | JUNIOR BOYS | Gwyr | Bishopston |
| 2013 | MIDDLE BOYS | Gwyr | Olchfa |
| 2013 | JUNIOR GIRLS | Gwyr | Bishopston |
| 2013 | MIDDLE GIRLS | Gwyr | Bishopston |
| 2014 | JUNIOR BOYS | Olchfa | Gwyr |
| 2014 | MIDDLE BOYS | Bishopston | Gwyr |
| 2014 | JUNIOR GIRLS | Gwyr | Olchfa |
| 2014 | MIDDLE GIRLS | Bishopston | Gwyr |
| 2015 | JUNIOR BOYS | Gwyr | Olchfa |
| 2015 | MIDDLE BOYS | Gwyr | Olchfa |
| 2015 | JUNIOR GIRLS | Olchfa | Dwr Y Felin |
| 2015 | MIDDLE GIRLS | Gwyr | Olchfa |
| 2016 | JUNIOR BOYS | Dwr Y Felin | Gwyr |
| 2016 | MIDDLE BOYS | Olchfa | Gwyr |
| 2016 | JUNIOR GIRLS | Gwyr | Olchfa |
| 2016 | MIDDLE GIRLS | Olchfa | Gwyr |
| 2017 | JUNIOR BOYS | Olchfa | Bishopston |
| 2017 | MIDDLE BOYS | Olchfa | Gwyr |
| 2017 | JUNIOR GIRLS | Gwyr | Bishopston |
| 2017 | MIDDLE GIRLS | Olchfa | Gwyr |

AGE GROUPS AND EVENTS – BOYS AND GIRLS

JUNIOR: Under 14, on 31st August (Years 7 and 8) MIDDLE: Under 16, on 31st August (Years 9 and 10)

NO ATHLETE MAY COMPETE OUT OF AGE GROUP

BOYS U14 EVENTS:

100m Long Jump
200m High Jump
300m Shot (3.00kg)
800m Javelin (400g)
1500m Discus (1.00kg)
75m Hurdles 4 x 100m Relay

BOYS U16 EVENTS

100m Long Jump
200m High Jump
300m Triple Jump
800m Javelin (600g)
1500m Discus (1.25 Kg)
80m Hurdles Shot (4.00 Kg)
4 x 100m Relay

GIRLS U14 EVENTS:

100m Long Jump
200m High Jump
300m Javelin (400g)
800m Discus (0.750g)
1500m Shot (2.72 Kg)
70m Hurdles 4 x 100m Relay

GIRLS U16 EVENTS

100m Long Jump
200m High Jump
300m Javelin (500g)
800m Discus (1.00 Kg)
1500m Shot (3.00 Kg)
75m Hurdles Triple Jump
4 x 100m Relay

PLEASE NOTE:

Athletes may compete in only 2 events i.e. 1 TRACK and 1 FIELD plus a relay. They may NOT do 2 field or 2 track events.

SCHOOLS NAMES AND NUMBERS

| | | | |
|-----|------------------------|-----|-----------------------|
| 1. | Morrison | 2. | Dwr Y Felin |
| 3. | Cwmtawe | 4. | Ysgol Gyfun Bryn Tawe |
| 5. | Bishop Gore | 6. | Cefn Saeson |
| 7. | Ysgol Cwm Brombil | 8. | Dylan Thomas |
| 9. | Pontardulais | 10. | Gowerton |
| 11. | Cefn Hengoed | 12. | Ysgol Bae Baglan |
| 14. | Pentrefafod | 15. | Bishopston |
| 17. | Cymer Afan | 19. | Llangatwg |
| 18. | Ysgol Gyfun Ystalyfera | 19. | Bro Dur |
| 22. | Ysgol Gyfun Gwyr | 25. | Olchfa |
| 26. | St Josephs | 27. | Penyrheol |
| 31. | Birchgrove | 33. | Ffynone |
| 93. | Bishop Vaughan | | |

NOTES FOR COMPETITORS

1. Suitable athletics dress must be worn by all competitors i.e. school vest/T-shirt or plain white T-shirt and shorts. Tracksuits will **NOT** be permitted on the track.
2. Each competitor must have their school number securely fastened and clearly visible on their top. No competitor will be allowed to compete without a number.
3. Track events – Competitors must follow the draw made by the starter’s steward.
4. Field events – in all throwing events, long and triple jumps each competitor will be allowed 3 trials.
5. In the interest of safety competitors in the hurdles, triple jump and high jump should be wearing spikes.
6. All events will be run under British Athletics rules.
7. Only officials will be allowed inside the track. No one is allowed to cross the throwing areas.
8. Athletes may enter one track and one field event, plus a relay. **NO** athlete may enter two track or two field events.
9. Guest competitors will **NOT** be allowed in any events.
10. Track competitors must report to the starter’s steward 10 minutes before their event.
11. Competitors qualifying for the FINAL of any event must collect a FINALIST TICKET from the judges and present it at the FINAL.
12. In all track events the right is reserved to cancel heats and run the final at the heat time.
13. The referee reserves the right to make any alterations in the programme that may be deemed necessary, this may include bringing events forward of the times in the programme.
14. Scoring – 9, 7, 6, 5, 4, 3, 2, 1.
15. Competitors will not be allowed to compete in any event if they are not wearing their school number securely pinned to their vest.

FIELD EVENTS

| | | | |
|----------|------------|----------------|--|
| 10.00 am | 1. | Long Jump | Junior Girls |
| | 2. | 1.25kg Discus | Middle Boys |
| | 3. | 3.00kg Shot | Middle Girls |
| 10.50 am | 4. | 400g Javelin | Junior Girls |
| | 5. | High Jump | Junior Girls |
| | 6. | Long Jump | Middle Boys |
| 11.40 am | 7. | 1kg Discus | Middle Girls |
| | 8. | 2.72kg Shot | Junior Girls |
| | 9. | High Jump | Middle Boys |
| 12.30 pm | 10. | 400g Javelin | Junior Boys |
| | 11. | Triple Jump | Middle Boys & Girls |
| | 12. | Shot | IPC Disability Boys & Girls |
| 1.20 pm | 13. | 600g Javelin | Middle Boys |
| | 14. | 0.75kg Discus | Junior Girls |
| | 15. | High Jump | Junior Boys |
| 2.10pm | 16. | Long Jump | Junior Boys |
| | 17. | 500g Javelin | Middle Girls |
| | 18. | Discus | IPC Disability Boys & Girls |
| 3.00pm | 19. | High Jump | Middle Girls |
| | 20. | 4kg Shot | Middle Boys |
| | 21. | Long Jump | Middle Girls |
| 3.50pm | 22. | 1kg Discus | Junior Boys |
| | 23. | 3.00kg Shot | Junior Boys |
| | 24. | Javelin | IPC Disability Boys & Girls |

QUALIFYING FOR TRACK FINALS

In Track events where there are "Heats" the following procedure will be adopted;

- a) Where there are 4 heats, the first in each heat plus the 4 fastest losers qualify for the final
- b) Where there are 3 heats, the first 2 in each heat plus the 2 fastest losers qualify for the final.
- c) Where there are 2 heats, the first 3 in each heat plus the 2 fastest losers qualify for the final.

THERE WILL BE NO LANE DRAWS IN THE PROGRAMME

Lane draws will be made by the starters' steward at the start of each event. Please ensure that your athletes report 10 minutes before the start of their race.

TRACK TIMETABLE

| | | | |
|------------|-------------|----------------------|------------------------------------|
| 1. | 10.00 | 70m Hurdles | Junior Girls Heats |
| 2. | 10.10 | 75m Hurdles | Junior Boys Heats |
| 3. | 10.20 | 75m Hurdles | Middle Girls Heats |
| 4. | 10.30 | 80m Hurdles | Middle Boys Heats |
| 5. | 10.40 | 100 metres | Junior Girls Heats |
| 6. | 10.50 | 100 metres | Junior Boys Heats |
| 7. | 11.00 | 100 metres | Middle Girls Heats |
| 8. | 11.10 | 100 metres | Middle Boys Heats |
| 9. | 11.20 | 200 metres | Junior Girls Heats |
| 10. | 11.30 | 200 metres | Junior Boys Heats |
| 11. | 11.40 | 200 metres | Middle Girls Heats |
| 12. | 11.50 | 200 metres | Middle Boys Heats |
| 13. | 12.00 | 300 metres | Junior Boys Heats |
| 14. | 12.10 | 300 metres | Middle Boys Heats |
| 15. | 12.20 | 300 metres | Junior Girls Heats |
| 16. | 12.30 | 300 metres | Middle Girls Heats |
| 17. | 12.40 | 800 metres | Junior Girls Final |
| 18. | 12.50 | 800 metres | Junior Boys Final |
| 19. | 1.00 | 800 metres | Middle Girls Final |
| 20. | 1.10 | 800 metres | Middle Boys Final |
| 21. | 1.20 | 4X100m Relay | Junior Girls Heats |
| 22. | 1.35 | 4X100m Relay | Junior Boys Heats |
| 23. | 1.50 | 4X100m Relay | Middle Girls Heats |
| 24. | 2.05 | 4X100m Relay | Middle Boys Heats |
| 25. | 2.20 | 1500 metres | Junior Girls Final |
| 26. | 2.30 | 1500 metres | Junior Boys Final |
| 27. | 2.40 | 1500 metres | Middle Girls Final |
| 28. | 2.50 | 1500 metres | Middle Boys Final |
| 29. | 3.00 | 80m Hurdles | Middle Boys Final |
| 30. | 3.05 | 75m Hurdles | Middle Girls Final |
| 31. | 3.10 | 75m Hurdles | Junior Boys Final |
| 32. | 3.15 | 70m Hurdles | Junior Girls Final |
| 33. | 3.20 | 100 metres | Junior Girls Final |
| 34. | 3.20 | 100 metres | Junior Boys Final |
| 35. | 3.25 | 100 metres | Middle Girls Final |
| 36. | 3.30 | 100 metres | Middle Boys Final |
| 37. | 3.35 | 100/60 metres | IPC Disability Girls FINALS |
| 38. | 3.40 | 100/60 metres | IPC Disability Boys FINALS |
| 39. | 3.45 | 200 metres | Junior Girls Final |
| 40. | 3.50 | 200 metres | Junior Boys Final |
| 41. | 3.55 | 200 metres | Middle Girls Final |
| 42. | 4.00 | 200 metres | Middle Boys Final |
| 43. | 4.05 | 300 metres | Junior Boys Final |
| 44. | 4.15 | 300 metres | Middle Boys Final |
| 45. | 4.20 | 300 metres | Junior Girls Final |
| 46. | 4.25 | 300 metres | Middle Girls Final |
| 47. | 4.30 | 4X100m Relay | Junior Girls Final |
| 48. | 4.35 | 4X100m Relay | Junior Boys Final |
| 49. | 4.40 | 4X100m Relay | Middle Girls Final |
| 50. | 4.45 | 4X100m Relay | Middle Boys Final |
| | 5.00 | Final Score | |

| HURDLES HEIGHTS AND SPACINGS: | | | | | | | |
|--------------------------------------|------------------|------------------|-------------------|------------------|------------------|------------------|----------------|
| Age Group: | Distance: | Approach: | Spacing's: | Markings: | Number of | Height: | |
| | | | | | Hurdles: | Imperial: | Metric: |
| U14 Boys | 75m | 11.5m | 7.5m | Orange | 8 | 2' 6" | 76.2cm |
| U16 Boys | 80m | 12.0m | 8.0m | Black | 8 | 2' 9" | 84.0cm |
| U14 Girls | 70m | 11.0m | 7.0m | Pink | 8 | 2' 3" | 68.5cm |
| U16 Girls | 75m | 11.5m | 7.5m | Orange | 8 | 2' 6" | 76.2cm |

OFFICIALS

Each school will be responsible for providing TWO officials for the event/duty they have been allocated to. Would staff from the first named school act as chief judges and collect cards, etc from the announcer's box before 10.00 a.m.

MEETING DIRECTOR

Mr. Andrew Jenkins (Welsh Athletics)

FIELD REFEREES:

TBC

TRACK REFEREES:

TBC

CHIEF TIMEKEEPERS

TBC

TRACK JUDGES: St. Josephs, Ysgol Cwm Brombil, Cwmtawe and Olchfa.

STARTER: TBC
STARTERS STEWARDS: Bishopston & STEVE JONES

TIMEKEEPERS: Ystalyfera, Penyrheol and Ffynone

HIGH JUMP: Pontarddulais and Bryn Tawe

LONG JUMP: Bae Baglan, Cefn Hengoed and Pentrehafod.

TRIPLE JUMP: Llangatwg and Cefn Saeson.

SHOT: Ystalyfera, Birchgrove and Dylan Thomas

DISCUS: Dwr-y-Felin, Bishop Gore and Bro Dur

JAVELIN: Bishop Vaughan, Gowerton and Morriston

RECORDERS: Gwyr

RELAY:
 Box 1: Ysgol Cwm Brombil & Cefn Saeson
 Box 2: Pontradulais & Bryn Tawe
 Box 3: Bae Baglan & Cefn Hengoed

AFAN NEDD TAWE SCHOOLS ATHLETICS ASSOCIATION

U14 & U16 BOYS & GIRLS

DECLARATION SHEET

Print off 4 of these team sheets, one for each section and please complete in full and return to the announcer's box before 10.00 a.m. on the day of competition.

SCHOOL NAME: **AGE GROUP:** Junior / Middle Boys / Girls

| EVENT | NAME | DATE OF BIRTH |
|--|-------------|----------------------|
| 100m | | |
| 200m | | |
| 300m (No year 7) | | |
| 800m | | |
| 1500m | | |
| 70m Hurdles (U14G) | | |
| 75m Hurdles (U14B & U16G) | | |
| 80m Hurdles (U16B) | | |
| 4 X 100m Relay (1) | | |
| (2) | | |
| (3) | | |
| (4) | | |
| High Jump | | |
| Long Jump | | |
| Triple Jump (U16 Boys & Girls Only) | | |
| Shot | | |
| Discus | | |
| Javelin | | |