

AFAN NEDD TAWE SCHOOLS ATHLETICS CHAMPIONSHIPS

SUPPORTED BY APOLLO TEACHING SERVICES

SWANSEA UNIVERSITY TRACK

Wednesday 2<sup>nd</sup> May 2018 10am start

AFAN NEDD TAWE SCHOOLS ATHLETICS ASSOCIATION

CHAIRMAN  
VICE CHAIRMAN  
TREASURER  
HON SECRETARY

STEVE JONES  
ZANE MAYNARD  
ANDREW JENKINS  
NICOLE EVANS

Afan Nedd Tawe Schools Athletics Association invites you to compete and officiate at the county championships. We thank University of Swansea for the use of the Track and Field facilities and must mention the most invaluable help received from the staff that will, as ever, ensure the smooth running of this year's event. The Association would also like to thank officials from Neath Harriers, Swansea Harriers and Welsh Athletics for their support. Following these championships the Afan Nedd Tawe team will be selected to compete at the Welsh National Championships. Finally, my personal thanks to all teachers, coaches and parents for preparing the competitors we shall see today striving to gain honours, not only for themselves but for their school and county. Thank you and best wishes to all those who compete.

Mr. Steve Jones  
Chairman

CHAMPIONSHIP WINNERS

Junior Boys (Years 8 & 9)	:	2008 DWR Y FELIN 2009 DWR Y FELIN 2010 GWYR 2011 BISHOPSTON 2012 GWYR 2013 GWYR 2014 GWYR 2015 GWYR 2016 OLCFHA 2017 BISHOPSTON	Junior Girls (Years 8 & 9)	:	2008 OLCFHA 2009 OLCFHA 2010 OLCFHA 2011 GWYR 2012 OLCFHA 2013 BISHOPSTON 2014 GWYR 2015 GWYR 2016 OLCFHA 2017 GWYR
Middle Boys (Years 10 & 11)	:	2008 OLCFHA 2009 CEFN HENGOED 2010 DWR Y FELIN 2011 DWR Y FELIN 2012 BISHOPSTON 2013 GWYR 2014 GWYR 2015 BISHOPSTON 2016 OLCFHA 2017 GWYR	Middle Girls (Years 10 & 11)	:	2008 BISHOPSTON 2009 OLCFHA 2010 BISHOPSTON 2011 OLCFHA 2012 OLCFHA 2013 OLCFHA 2014 DWR Y FELIN 2015 BISHOPSTON 2016 GWYR 2017 GWYR
Senior Boys (Years 12, 13 & 14)	:	2008 NPT COLLEGE 2009 NPT COLLEGE 2010 NPT COLLEGE 2011 GOWER COLLEGE 2012 NPT COLLEGE 2013 NPT COLLEGE 2014 GOWER COLLEGE 2015 GOWER COLLEGE 2016 GOWER COLLEGE 2017 GOWER COLLEGE	Senior Girls (Years 12, 13 & 14)	:	2008 NPT COLLEGE 2009 NPTCOLLEGE 2010 GORSEINON COLLEGE 2011 NPT COLLEGE 2012 OLCFHA 2013 NPT COLLEGE 2014 GOWER COLLEGE 2015 GOWER COLLEGE 2016 NPT COLLEGE 2017 GOWER COLLEGE

OVERALL TEAM TROPHY (JUNIOR and MIDDLE SECTIONS)

2008 OLCFHA  
2009 OLCFHA  
2010 GWYR  
2011 GWYR  
2012 BISHOPSTON  
2013 GWYR  
2014 GWYR  
2015 GWYR  
2016 OLCFHA  
2017 GWYR



### SCHOOLS AND COLLEGES NAMES AND VEST NUMBERS

1.	Morrison	17.	Cymer Afan
2.	Dwr-Y-Felin	18.	Ysgol Gyfun Ystalyfera
3.	Cwmtawe	19.	Llangatwg
4.	Ysgol Gyfun Bryn Tawe	20.	Neath Port Talbot College
5.	Bishop Gore	22.	Ysgol Gyfun Gwyr
6.	Cefn Saeson	24.	Gower College Swansea
7.	Dyffryn	25.	Olchfa
8.	Dylan Thomas	26.	St. Josephs
9.	Pontarddulais	27.	Penyrheol
10.	Gowerton	31.	Birchgrove
11.	Cefn Hengoed	33.	Ffynone
12.	Ysgol Bae Baglan	93.	Bishop Vaughan
14.	Pentrehafod		
15.	Bishopston		

Competitors will not be permitted to compete in any event if they are not wearing two school numbers securely fastened. (Competitors in high jump and pole vault events only need one number).

### OFFICIALS

**PLEASE NOTE: ALL SCHOOLS MUST PROVIDE AT LEAST TWO OFFICIALS FOR THEIR DESIGNATED EVENT.**

Would all CHIEF officials please collect cards, etc. from the announcer's box at least 30 minutes before the first event. The CHIEF official coming from the first named school.

MEETING DIRECTOR	TBC
CHIEF FIELD REFEREE	TBC
FIELD JUDGES	TBC
CHIEF TRACK REFEREES	TBC
TRACK JUDGES	Neath Port Talbot College, St. Josephs & Birchgrove
STARTERS	TBC
STARTERS STEWARDS	Bishopston
CHIEF TIMEKEEPERS	TBC
TIMEKEEPERS	Penyrheol, Ystalyfera, Cymer Afan & Ffynone.
RELAY BOX JUDGES	Two judges on duty for all heats and finals: Box 1 = Bryn Tawe    Box 2 = Olchfa    Box 3 = Dwr y Felin
POLE VAULT:	Dwr-Y-Felin.
JAVELIN:	Cefn Hengoed & Bishop Vaughan.
HAMMER:	Cefn Saeson & Llangatwg
TRIPLE JUMP:	Dwr-Y-Felin, Bryn Tawe, & Dylan Thomas.
HIGH JUMP:	Gower College & Cwmtawe.
SHOT:	Morrison & Pontarddulais.
DISCUS:	Gowerton, Cefn Saeson & Olchfa.
LONG JUMP:	Bishop Gore, Dyffryn & Ysgol Bae Baglan
RECORDERS:	YG Gwyr.

To ensure the smooth running of the championships, please the workload please offer your valuable help if your name



have your school officials at their named events, and to spread does not appear in the officials programme.

## NOTES FOR COMPETITORS

1. Suitable athletic dress must be worn by all competitors. **NO** tracksuits/leggings are to be worn for track events.
2. Athletics spikes **MUST** be worn for steeplechase and if weather and underfoot conditions are deemed unsafe in all jumps and hurdles events too.
3. Each competitor must have the distinguishing number of his/her school securely fastened to the front and back of his/her running vest.
4. **TRACK EVENTS:** Competitors must follow the draw made by the starters steward.
5. Any competitor wilfully jostling, obstructing or crossing in front of another competitor unless at least 2 metres in front of that competitor will be disqualified.
6. **FIELD EVENTS:** In throwing events and the long and triple jump, each competitor will have 3 trials.
7. All events will be run under British Athletics rules.
8. Only officials are allowed inside the track. Competitors **MUST** retire from the track immediately after the completion of their event. **Competitors/Spectators MUST NOT cross the infield in side the track.** The use of mobile phones and other electronic devices are prohibited within the competition area.
9. Competitors must report to the starters steward/field event at least 10 minutes before their event.
10. Competitors qualifying for the **FINAL** of any event must collect a **FINALIST TICKET** from the judges and present it at the **FINAL**.
11. In all track events the organisers reserve the right to cancel heats if there are insufficient competitors and run the **FINAL** at the programmed heat time.
12. Ages for competitors will be taken on 31<sup>st</sup> August/1<sup>st</sup> September in the year of competition.
13. Juniors/under 15 = Years 8&9; Middles/under 17 = Years 10/11; Seniors/under 20 = years 12, 13 & 14. Year 7 pupils **may not** compete.
14. The referee reserves the right to make any alterations in the programme that may be deemed necessary.
15. **SCORING:** 8, 7, 6, 5, 4, 3, 2, 1, in all events. **POLE VAULT IS THE ONLY NON SCORING EVENT.**
16. The A.N.T.S.A.A. Executive Committee reserves the right to control selection for the County Team. **Gaining 1<sup>st</sup> place in these championships does not mean automatic selection to the County Team.** Competitors are reminded that there are second entry standards for both Middle and Senior age groups, but **NOT** for Juniors. These standards are available on request. The decision of the Executive on matters of selection is final.
17. Double entries are allowed in the senior age group only. The athlete finishing in the higher position will score.
18. Athletes are only permitted to compete in a maximum of 3 individual events, plus a relay.
19. Juniors age groups may not compete in both the 800m and 1500m on the same day.
20. **No athlete can compete in the Championships without a member of staff present at all times any competitor breaching this rule will be disqualified from the competition.**

## QUALIFYING FOR FINALS

In Track Events where there are "Heats" the following procedure will be adopted.

### **100m, 200m, 300m, 400m; Sprint Hurdles & 3/4oom Hurdles:**

Where there are 2 heats	First 3, plus 2 fastest losers
Where there are 3 heats	First 2, plus 2 fastest losers
Where there are 4 heats	Winner of each heat, plus 4 fastest losers.

THERE WILL BE NO LANE DRAWS IN THE PROGRAMME FOR ANY TRACK EVENT. LANE DRAWS WILL BE MADE AT THE START OF EACH EVENT BY THE STARTERS STEWARD. PLEASE ENSURE THAT YOUR ATHLETES REPORT ON TIME.



TRACK CHAMPIONSHIP EVENTS

10.00am	(1)	300m Hurdles	Middle Girls	Heats
10.05am	(2)	400m Hurdles	Senior Girls	Final
10.10am	(3)	400m Hurdles	Middle Boys	Heats
10.15am	(4)	400m Hurdles	Senior Boys	Final
10.20am	(5)	1500m	Junior Girls	Final
10.30am	(6)	1500m	Junior Boys	Final
10.40am	(7)	1500m	Middle Girls	Final
10.50am	(8)	1500m	Middle Boys	Final
11.00am	(9)	1500m	Senior Girls & Boys	Finals
11.10am	(10)	100m	Junior Girls	Heats
11.20am	(11)	100m	Junior Boys	Heats
11.30am	(12)	100m	Middle Girls	Heats
11.35am	(13)	100m	Middle Boys	Heats
11.40am	(14)	100m	Senior Girls & Boys	Final
11.45am	(15)	300m	Middle Girls	Heats
11.55am	(16)	300m	Junior Boys	Heats
12.00pm	(17)	300m	Junior Girls	Heats
12.05pm	(18)	400m	Middle Boys	Heats
12.15pm	(19)	400m	Senior Girls & Boys	Finals
12.20pm	(20)	1500m Steeplechase	Middle Boys	Final
12.30pm	(21)	2000m Steeplechase	Senior Boys	Final
12.40pm	(22)	300m Hurdles	Middle Girls	Final
12.45pm	(23)	400m Hurdles	Middle Boys	Final
12.50pm	(24)	100m	Junior Girls	Final
12.55pm	(25)	100m	Junior Boys	Final
1.00pm	(26)	100m	Middle Girls	Final
1.05pm	(27)	100m	Middle Boys	Final
1.10pm	(28)	300m	Middle Girls	Final
1.15pm	(29)	300m	Junior Boys	Final
1.20pm	(30)	300m	Junior Girls	Final
1.25pm	(31)	400m	Middle Boys	Final
1.30pm	(32)	110m Hurdles	Senior Boys	Final
1.35pm	(33)	100m Hurdles	Middle Boys	Heats
1.45pm	(34)	100m Hurdles	Senior Girls	Final
1.50pm	(35)	80m Hurdles	Junior Boys	Heats
2.00pm	(36)	80m Hurdles	Middle Girls	Heats
2.10pm	(37)	75m Hurdles	Junior Girls	Heats
2.20pm	(38)	200 metres	Junior Girls	Heats
2.30pm	(39)	200 metres	Junior Boys	Heats
2.40pm	(40)	200 metres	Middle Girls	Heats
2.50pm	(41)	200 metres	Middle Boys	Heats
3.00pm	(42)	200 metres	Senior Girls & Boys	Final
3.05pm	(43)	800 metres	Junior Girls	Final
3.15pm	(44)	800 metres	Junior Boys	Final
3.25pm	(45)	800 metres	Middle Girls	Final
3.35pm	(46)	800 metres	Middle Boys	Final
3.45pm	(47)	800 metres	Senior Girls & Boys	Finals
3.55pm	(48)	75m Hurdles	Junior Girls	Final
4.00pm	(49)	80m Hurdles	Middle Girls	Final
4.05pm	(50)	80m Hurdles	Junior Boys	Final
4.10pm	(51)	100m Hurdles	Middle Boys	Final
4.15pm	(52)	200 metres	Junior Girls	Final
4.20pm	(53)	200 metres	Junior Boys	Final
4.25pm	(54)	200 metres	Middle Girls	Final
4.30pm	(55)	200 metres	Middle Boys	Final
4.35pm	(56)	3000 metres	Middle & Senior Girls & Boys	Finals
4.50pm	(57)	4 x 100m Relay	Junior Girls	Finals
5.00pm	(58)	4 x 100m Relay	Junior Boys	Finals
5.10pm	(59)	4 x 100m Relay	Middle Girls	Finals
5.20pm	(60)	4 x 100m Relay	Middle Boys	Finals
5.30pm	(61)	4 x 100m Relay	Senior Boys & Girls	Finals



FIELD

10.00am	Shot Put Discus High Jump	Junior Girls Middle Boys & Senior Boys Junior Boys
10.45am	Javelin Long Jump Shot Put	Junior Girls Junior Girls Junior Boys
11.30am	Discus Long Jump High Jump	Middle Girls & Senior Girls Junior Boys Middle Boys & Senior Boys
12.15pm	Javelin Long Jump Shot Put	Junior Boys Middle Girls & Senior Girls Middle Boys & Senior Boys
1.00pm	Discus High Jump Pole Vault (non scoring)	Junior Boys Middle Girls & Senior Girls Junior Girls/Junior Boys/Middle Boys/Senior Boys/Middle Girls/Senior Girls
1.45pm	Javelin Long Jump Shot Put	Middle Boys & Senior Boys Middle Boys & Senior Boys Middle Girls & Senior Girls
2.30pm	High Jump Discus Triple Jump	Junior Girls Junior Girls Middle Girls & Senior Girls
3.15pm	Javelin Triple Jump	Middle Girls & Senior Girls Junior Boys & Junior Girls
4.00pm	Hammer Triple Jump	Junior Boys, Middle Boys & Senior Boys Middle Boys & Senior Boys
4.45pm	Hammer	Junior Girls, Middle Girls & Senior Girls



## RECORDS

### JUNIOR BOYS

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
80m Hurdles	11.9 sec	Luke Jenkins	Gowerton	2010
100m	11.7 sec	S. Madden	St Josephs	1998
200m	23.8 sec	Darren Yeo	Cefn Hengoed	1988
300m	38.7 sec	Charlie Holland	Bishopston	2017
400m	56.8	Adam Rowlands	Dwr Y Felin	2009
800m	2.04.5 min	Guy Smith	St Josephs	2004
1500m	4 mins 22.1 sec	Guy Smith	St Josephs	2004
4 X 100m	48.8 sec		Ysgol Gwyr	2013
High Jump	1.90m	Chuka Enih-Snell	Bishop Vaughan	1998
Long Jump	5.61m	Thomas Payne	Bishopston	2017
Triple Jump	12.60m	Darren Yeo	Cefn Hengoed	1989
Pole Vault	3.36m	Tim Thomas	Cwrt Sart	1988
Discus (1.25kg)	35.97m	Lee Thomas	Ysgol Gwyr	2002
Javelin (600g)	42.98m	Tom Rees	Cefn Hengoed	2000
Shot (4kg)	14.53m	Thomas Hanson	Dyffryn	2015
Hammer (4kg)	41.77m	Marcus Dickinson	Dwr Y Felin	2016

### MIDDLE BOYS

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
100m Hurdles	13.6 sec	Tomos Slade	Cwmtawe	2017
400m Hurdles	58.3 sec	Oliver Moyse	Ysgol Gwyr	2013
100m	11.2 sec	D. Morgan	Cefn Saeson	1976
"	"	J. Llewelyn	Morrison	1977
"	"	Paul Halfpenny	Gowerton	1980
200m	22.3 sec	Phillip Harvey	Penyrheol	1979
400m	51.6 sec	Jonathan Evans	Pontardulais	1996
800m	2m 01.2	Sam Walsh	Bishopston	2004
1500m	4m 06.2	Colin Clarkson	Penyrheol	1977
1500m S/C	4m 40.6	Tim Hopkins	Pontardulais	1989
3000m	9m 07.8	Carl Leonard	Daniel James	1988
4 X 100m	45.8 sec		Ysgol Gwyr	2014
High Jump	1.95m	Chuka Enih-Snell	Bishop Vaughan	1999
Long Jump	6.60m	Darren Yeo	Cefn Hengoed	1990
Triple Jump	13.72m	Rhys Williams	Cefn Hengoed	2010
Pole Vault	4.02m	Tim Thomas	Cwrt Sart	1990
Discus (1.5kg)	40.22m	Nicholas John	Gowerton	1987
Javelin (700g)	57.74m	Gareth Scales	Olchfa	1975
Shot (5kg)	14.10m	Thomas Hanson	Dyffryn	2017
Hammer (5kg)	49.34m	Marcus Davies	Morrison	1989

### SENIOR BOYS

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
100m Hurdles	14.9 sec	Orrie Fenn	Dwr-Y-Felin	1974
400m Hurdles	56.9	Rhodri Williams	Ystalyfera	2016
100m	11.1 sec	James Morris	Swansea College	1998
"	11.1 sec	Dafydd Howells	Neath Port Talbot College	2012
200m	21.9 sec	Phillip Harvey	Penyrheol	1980
400m	48.7 sec	Joseph Brier	Ystalyfera	2017
800m	1m 54.2 sec	Simon Merrick	Neath Port Talbot College	1988
1500m	4m 05.6 sec	Nigel Lloyd	Neath Port Talbot College	1988
3000m	9m 08.0 sec	Paul Lewis	Neath Port Talbot College	1991
2000m S/C	6m 24.9 sec	Zane Maynard	Gorseinon College	1993
4 X 100m	43.9 sec		Gower College	2017
High Jump	2.14m	Chuka Enih-Snell	Bishop Vaughan	2001
Long Jump	6.75m	Ceirion Hopkins	Ystalyfera	2017
Triple Jump	14.47m	Osaze Aghedo	Bishop Vaughan	2017
Pole Vault	4.20m	Mark Harvey	Neath Port Talbot College	2002
Discus (1.75kg)	44.46m	Peter Roberts	Swansea College	1990
Javelin (800g)	65.55m	Jonathan Clarke	Neath Port Talbot College	1987
Shot (6kg)	13.74m	Peter Roberts	Swansea College	1991
Hammer (6kg)	45.24m	Matthew Richards	Neath Port Talbot College	2003

**RECORDS  
JUNIOR GIRLS**

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
75m Hurdles	11.8 sec	Stacey Collins	Dwr Y Felin	2008
75m Hurdles	11.8 sec	Carys Poole	Ysgol Gwyr	2017
100m	12.5 sec	Emma Todd	Morrleston	1987
"	12.5 sec	Hannah Brier	Ystalyfera	2012
200m	26.03 sec	Paula Thomas	Dyffryn	1978
300m	45.1	Bethany Moule	Dwr Y Felin	2015
800m	2m 20.3 sec	Cerys Morgan	Penyrheol	2007
1500m	4m 51.6 sec	Cerys Morgan	Penyrheol	2007
4 X 100m	53.9 sec		Olchfa	1980
High Jump	1.60m	Emily Morris	Olchfa	2009
Long Jump	5.04m	Paula Thomas	Dyffryn	1978
Long Jump	5.04m	Carys Poole	Ysgol Gwyr	2017
Discus (1kg)	39.42m	Phillipa Roles	Dwr Y Felin	1992
Hammer (3kg)	37.63m	Emma Hames	Dwr Y Felin	2017
Javelin (600g)	28.51m	Shannon Shar	St Josephs	2008
Javelin (500g)	41.44m	Bethany Moule	Dwr Y Felin	2016
Shot (3.25kg)	11.74m	Phillipa Roles	Dwr Y Felin	1992
Shot (3.00kg)	10.74m	Jamie Holland	Ysgol Gwyr	2017
Pole Vault	2.60m	Anna Barnes	Olchfa	2012

**MIDDLE GIRLS**

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
80m Hurdles	11.7 sec	Catrin Stone	Ysgol Gwyr	2009
300m Hurdles	45.4 sec	Lucy Roberts	Morrleston	1992
100m	12.5 sec	Sarah Lane	Olchfa	1999
"	12.5 sec	Hannah Brier	Ystalyfera	2013
200m	25.1 sec	Sian Morris	Ystalyfera	1981
300m	42.2 sec	Jemima Osborn	Bishopston	2010
800m	2m 20.0 sec	Claire Paisley	Olchfa	1981
1500m	4m 28.8 sec	Non Stanford	St Josephs	2004
3000m	9m 35.0 sec	Non Stanford	St Josephs	2004
4 X 100m	51.1 sec		Olchfa	1998
High Jump	1.63m	Beverley Green	Bishop Vaughan	1989
Long Jump	5.55m	Philomena Ronan	Bishop Vaughan	1974
Discus (1kg)	40.22m	Phillipa Roles	Dwr Y Felin	1993
Javelin (600g)	36.19m	Charlotte Rees	Cefn Hengoed	2000
Javelin (500g)	42.98m	Bethany Moule	Dwr Y Felin	2017
Shot (4kg)	11.94m	Sally Hinds	Penyrheol	2002
Shot (3kg)	12.71m	Emily Cockrill	Olchfa	2014
Triple Jump	10.33m	Charlotte Campion	Olchfa	2017
Pole Vault	3.10m	Emma Jones	Birchgrove	2008
Hammer (4kg)	36.97m	Hannah Powell	Llangatwg	2013
Hammer (3kg)	42.38m	Sarah Watkins	Glan Afan	2016

**SENIOR GIRLS**

EVENT	TIME/DISTANCE	NAME	SCHOOL	YEAR
100m Hurdles	15.7	Catrin Stone	Ysgol Gwyr	2011
400m Hurdles	63.9 sec	Lucy Fligelstone	Gower College	2014
100m	11.9 sec	Hannah Brier	Ystalyfera	2016
200m	24.8 sec	Sian Morris	Ystalyfera	1983
400m	59.1 sec	Hayley Parry	Neath Port Talbot College	1992
800m	2m 21.1 sec	Emma Parry	Gorseinon College	1993
	2m 21.1 sec	Sara Dobler	St Josephs	2007
1500m	4m 45.8 sec	Emma Parry	Gorseinon College	1993
3000m	10m 27.6 sec	Vivien Connely	Neath Port Talbot College	1993
4 X 100m	50.0 sec		Neath Port Talbot College	1992
High Jump	1.60m	Beverley Green	Neath Port Talbot College	1991
"	1.60m	Catrin Jones	Gower College	2013
Long Jump	5.15m	Beverley Green	Neath Port Talbot College	1991
Discus (1kg)	45.86m	Phillipa Roles	Neath Port Talbot College	1997
Javelin (600g)	44.37m	Charlotte Rees	Swansea College	2002
Shot (4kg)	13.07m	Sally Hinds	Gorseinon College	2004
Triple Jump	10.94m	Lauryn Davey	Gower College	2017
Hammer (4kg)	42.59m	Carys Smith	Gower College	2014
Pole Vault	3.50m	Naomi James	Gower College	2011

**HURDLES RACES**

	<b>SENIOR BOYS</b>	<b>MIDDLE BOYS</b>	<b>JUNIOR BOYS</b>
Distance	110 metres	100 metres	80 metres
Height of Hurdle	0.99m / 3 ft. 3 in.	0.914m / 3 ft. 0 in.	0.849m / 2 ft. 9 in.
No. of Flights	10	10	8
Distance from start to first Hurdle	13.72 / 45 ft. 0 in.	13.72m / 45 ft. 0 in.	12.00m / 39 ft. 4.5 in.
Distance from last Hurdle to finish	14.02m / 46 ft. 0 in.	10.50 m	12.00 m
	<b>SENIOR GIRLS</b>	<b>MIDDLE GIRLS</b>	<b>JUNIOR GIRLS</b>
Distance	100 metres	80 metres	75 metres
Height of Hurdle	0.84m / 2 ft. 9 in.	0.762m / 2 ft. 6 in.	0.762m / 2 ft. 6 in.
No. of Flights	10	8	8
Distance from start to first Hurdle	13.00 m.	12.00 m.	11.00 m.
Distance between Hurdles	8.50 m.	8.00 m.	7.50 m.
Distance from last Hurdle to finish	10.50 m.	12.00 m.	11.50 m.
	<b>SENIOR GIRLS</b>	<b>MIDDLE BOYS</b>	<b>SENIOR BOYS</b>
Distance	400metres	400metres	400metres
Height of Hurdle	0.762 m.	0.84 m.	0.914 m.
No. of Flights	10	10	10
Distance from start to first Hurdle	45.00 m.	45.00 m.	45.00 m.
Distance between Hurdles	35.00 m.	35.00 m.	35.00 m.
Distance from last Hurdle to finish	40.00 m.	40.00 m.	40.00 m.
	<b>MIDDLE GIRLS</b>		
Distance	300 metres		
Height of Hurdle	0.762 m.		
No. of Flights	7		
Distance from start to first Hurdle	50.00 m.		
Distance between Hurdles	35.00 m.		
Distance from last Hurdle to finish	40.00 m.		

**THROWING IMPLEMENTS WEIGHTS:**

<b>Age Group:</b>	<b>Shot:</b>	<b>Javelin:</b>	<b>Discus:</b>	<b>Hammer:</b>
<b>8/9Boys = Junior</b>	4.00kg	600g	1.25kg	4.00kg
<b>8/9Girls = Junior</b>	3.00kg	500g	1.00kg	3.00kg
<b>10/11Boys = Middle</b>	5.00kg	700g	1.50kg	5.00kg
<b>10/11Girls = Middle</b>	3.00kg	500g	1.00kg	3.00kg
<b>12/13Boys = Senior</b>	6.00kg	800g	1.75kg	6.00kg
<b>12/13Girls = Senior</b>	4.00kg	600g	1.00kg	4.00kg

