

SWANSEA HARRIERS

**“SWANSEA SCHOOLS ATHLETICS TROPHY MATCH”
Wednesday 8th MAY 2019 - (starting at 4-30pm)
SWANSEA UNIVERSITY ATHLETICS TRACK
Under UK Athletics Rules**

Page 1 Invitation Letter
Page 2 Entry Form
Page 3 Timetable, specifications, scoring and rules
Page 4 Boys declaration sheet
Page 5 Girls declaration sheet

FAO of Year 7 PE Co-ordinator

Dear Staff Member

Please find attached details of the above event for which you are cordially invited to enter a team.

As it is for Year 7 athletes only it will provide you with an opportunity to see your first year intake in action and gauge whether they are suitable for inclusion in the Afan Nedd Tawe Schools Cup competition on the 19th June which has a Year 7 & 8 team category.

With the Year 8's having an earlier opportunity to compete in the main Afan Nedd Tawe Schools Championships on 1st May you will have then had a chance to assess both year groups ready for the final countdown.

We do hope that you will be able to join us on the 8th May.

Schools to wear the Numbers used in Afan Nedd Tawe Schools competitions.

Please note that teacher support to assist in officiating is needed (as shown on the details attached) but we would welcome any other volunteers (ideally with some knowledge) who might be attending to help out in some capacity.

Please feel free to contact me for any additional information that you might require.

Yours sincerely

John Griffiths - Meeting Co-ordinator

Email - runningsthegame@hotmail.com

Mobile 07971 890474

Address 26 Snowdon Drive, Fforestfach, Swansea, SA5 5BD

Entry fees are £20 per school, cheques should be made payable to "Swansea Harriers AC" and returned to meeting manager John Griffiths by no later than Friday 3rd May 2019 using the reply slip below.

SWANSEA HARRIERS AC SCHOOLS ATHLETICS TROPHY MATCH
Wednesday 8th MAY 2019
SWANSEA UNIVERSITY ATHLETICS TRACK (starting at 4-30pm)

_____ School

will be entering the Swansea Harriers Schools Trophy Match on Wednesday 8th May 2019

Please find enclosed an entry fee of £20 made payable to "Swansea Harriers AC".

Team Manger name: _____

Team manager contact mobile: _____

Team manager contact email: _____ school

Team manager contact email: _____ home

All communication will be direct to email addresses to ensure efficient communication

Signed _____

Return completed form to

John Griffiths - Meeting Co-ordinator

Email - runningsthegame@hotmail.com

Mobile 07971 890474

Address 26 Snowdon Drive, Fforestfach, Swansea, SA5 5BD

Cheques/ Postal Orders made payable to Swansea Harriers

SWANSEA HARRIERS SWANSEA SCHOOLS ATHLETICS TROPHY MATCH

Wednesday 8th MAY 2019

SWANSEA UNIVERSITY ATHLETICS TRACK (starting at 4-30pm)

Under UK Athletics Rules

| TIME | TRACK EVENT | AGE GROUP | | TIME | SHOT | DISCUS | LONG JUMP | HIGH JUMP |
|--------|----------------|--------------|--------|--------|--|--------------|--------------|--------------|
| 4-30pm | 75m Hurdles | Year 7 Boys | | 4-30pm | Year 7 Girls | Year 7 Boys | Year 7 Boys | Year 7 Girls |
| 4-35pm | | | | 4-35pm | 2.72kg | 1.00kg | | |
| 4-40pm | 70m Hurdles | Year 7 Girls | | 4-40pm | | | | |
| 4-45pm | | | | 4-45pm | | | | |
| 4-50pm | 100m | Year 7 Boys | | 4-50pm | | | | |
| 4-55pm | | | | 4-55pm | | | | |
| 5-00pm | 100m | Year 7 Girls | | 5-00pm | | | | |
| 5-05pm | | | | 5-05pm | | | | |
| 5-15pm | 800m | Year 7 Boys | | 5-15pm | Year 7 Boys | Year 7 Girls | Year 7 Girls | Year 7 Boys |
| 5-20pm | | | | 5-20pm | 3.25kg | 0.750kg | | |
| 5-25pm | 800m | Year 7 Girls | | 5-25pm | | | | |
| 5-30pm | | | | 5-30pm | | | | |
| 5-40pm | 200m | Year 7 Boys | | 5-40pm | | | | |
| 5-45pm | | | | 5-45pm | | | | |
| 5-50pm | 200m | Year 7 Girls | | 5-50pm | First Field events will start at time shown. The following events may be delayed slightly if others over run | | | |
| 5-55pm | | | 5-55pm | | | | | |
| 6-00pm | 1500m | Year 7 Boys | | 6-00pm | | | | |
| 6-05pm | | | | 6-05pm | | | | |
| 6-10pm | 1500m | Year 7 Girls | | 6-10pm | | | | |
| 6-15pm | | | | 6-15pm | | | | |
| 6.20pm | 4 x 100m Relay | Year 7 Boys | | 6.20pm | | | | |
| 6.25pm | | | | 6.25pm | | | | |
| 6.30pm | 4 x 100m Relay | Year 7 Girls | | 6.30pm | | | | |

COACHES may only drop off at the bottom end of the National Swimming Pool site. MINI BUSES and CARS can park at Ashleigh Road Playing Fields Car Park. Each School should provide A MINIMUM OF 3 MEMBERS OF STAFF TO JUDGE EVENTS more would be helpful. ATHLETES should REPORT to their EVENTS 10 MINUTES prior to the starting time. ATHLETES are permitted to take part in a maximum of 3 events + Relay. However, they are not allowed to run in both 800m and 1500m. 2 competitors per school per event per age group . 1 Relay team. NO GUEST COMPETITORS due to limited time scale of programme.

Schools to wear the Numbers used in Afan Nedd Tawe Schools competitions.

HIGH JUMP starting heights:- YR 7 Boys 1-00m & YR 7 Girls 1-00m, PROGRESSION IS IN 5cm INCREMENTS

| <u>HURDLES HEIGHTS AND SPACINGS:</u> | | | | | | | |
|---|-----------|-----------|------------|-----------|-------------|---------|--------|
| AgeGroup: | Distance: | Approach: | Spacing's: | Markings: | No.Hurdles: | Height: | |
| U13 Girls | 70m | 11.0m | 7.0m | Pink | 8 | 2' 3" | 68.5cm |
| U13 Boys | 75m | 11.5m | 7.5m | Orange | 8 | 2' 6" | 76.2cm |

SCORING:-

| | 1 st pos | 2 nd pos | 3 rd pos | 4 th pos | 5 th pos | 6 th pos | 7 th pos | 8 th pos | 9 th pos |
|----------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| A | 18 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| B | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

Entry fees are £20 per school, cheques should be made payable to "Swansea Harriers AC" and returned to meeting manager John Griffiths no later than Friday 3rd May 2019.

To – 26 Snowdon Drive, Fforestfach, Swansea SA5 5BD. Email runningsthegame@hotmail.com M – 07971 890474

An ideal opportunity to find potential team members for your Afan Nedd Tawe Schools Cup on 19th June.

SWANSEA HARRIERS SWANSEA SCHOOLS ATHLETICS TROPHY MATCH
Wednesday 8th MAY 2019 - Under UK Athletics Rules - DECLARATION SHEET

BOYS

To be handed in on the day

| TIME | EVENT | Athletes Name -Boys | |
|---------------------------------------|---------------|----------------------------|---|
| 4-30pm | 75m Hurdles A | | |
| 4-35pm | B | | |
| 4-50pm | 100m A | | |
| 4-55pm | B | | |
| 5-15pm | 800m A | | |
| 5-20pm | B | | |
| 5-40pm | 200m A | | |
| 5-45pm | B | | |
| 6-00pm | 1500m A | | |
| | B | | |
| 6.20pm | 4 x 100m | | 1 |
| | | | 2 |
| | | | 3 |
| | | | 4 |
| 4.30pm | Long Jump | | |
| | | | |
| 5.15pm | High Jump | | |
| | | | |
| 5.15pm | Shot | | |
| | | | |
| 4.30pm | Discus | | |
| | | | |
| | | | |
| Two Athletes per event – 1 Team Relay | | | |

Schools to wear the Numbers used in Afan Nedd Tawe Schools competitions.

SWANSEA HARRIERS SWANSEA SCHOOLS ATHLETICS TROPHY MATCH
Wednesday 8th MAY 2019 - Under UK Athletics Rules - DECLARATION SHEET

GIRLS

To be handed in on the day

| TIME | EVENT | Athletes Name -Girls | |
|---------------------------------------|----------------|-----------------------------|---|
| 4-40pm | 70m Hurdles A | | |
| 4-45pm | B | | |
| 5-00pm | 100m A | | |
| 5-05pm | B | | |
| 5-25pm | 800m A | | |
| 5-30pm | B | | |
| 5-50pm | 200m A | | |
| 5-55pm | B | | |
| 6-10pm | 1500m A | | |
| | B | | |
| 6.30pm | 4 x 100m Relay | | 1 |
| | | | 2 |
| | | | 3 |
| | | | 4 |
| 4.30pm | Shot | | |
| | | | |
| 5.15pm | Discus | | |
| | | | |
| 5.15pm | Long Jump | | |
| | | | |
| 4.30pm | High Jump | | |
| | | | |
| | | | |
| Two Athletes per event – 1 Team Relay | | | |

Schools to wear the Numbers used in Afan Nedd Tawe Schools competitions.