

SWANSEA HARRIERS

SWANSEA SCHOOLS ATHLETICS TROPHY MATCH

Friday 11th MAY 2018 - (starting at 4-30pm)

SWANSEA UNIVERSITY ATHLETICS TRACK

Under UK Athletics Rules

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 20th 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 2nd 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 11th 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

Sue Leyshon - Meeting Co-ordinator

Email wynleyshon@hotmail.com Mobile 07752 742345

Address 24 Clare Court, Loughor, Swansea SA4 6UH

SWANSEA HARRIERS SCHOOL YEAR 7 ATHLETICS TROPHY MATCH
Friday 11th MAY 2018
SWANSEA UNIVERSITY ATHLETICS TRACK (starting at 4-30pm)

Under U. K. 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	
4-35pm				4-35pm	2.72kg			
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		Year 7 Girls		Year 7 Boys
5-05pm				5-05pm		0.750kg		
5-15pm	800m	Year 7 Boys		5-15pm				
5-20pm				5-20pm	Year 7 Boys		Year 7 Girls	
5-25pm	800m	Year 7 Girls		5-25pm	3.00kg			
5-30pm				5-30pm				
5-40pm	200m	Year 7 Boys		5-40pm				
5-45pm				5-45pm		Year 7 Boys		Year 7 Girls
5-50pm	200m	Year 7 Girls		5-50pm		1.00kg		
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 + **Relays**. 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.

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>							
Age Group:	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
A	16	14	12	10	8	6	4	2
B	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 Sue Leyshon by no later than Friday 4th May 2018 using the reply slip below.

An ideal opportunity to find potential team members for the Afan Nedd Tawe Schools Cup on 20th June

SWANSEA HARRIERS AC SCHOOLS ATHLETICS TROPHY MATCH
Friday 11th MAY 2018
SWANSEA UNIVERSITY ATHLETICS TRACK (starting at 4-30pm)

_____ School

will be entering the Swansea Harriers Schools Trophy Match on Friday 11th May 2018

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

Sue Leyshon - Meeting Co-ordinator

Email wynleyshon@hotmail.com Mobile 07752 742345

Address 24 Clare Court, Loughor, Swansea SA4 6UH

Cheques/ Postal Orders made payable to Swansea Harriers

**SWANSEA HARRIERS SWANSEA SCHOOLS ATHLETICS TROPHY MATCH
Friday 11th MAY 2018 - Under UK Athletics Rules - DECLARATION SHEET**

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		
5.00pm	High Jump		
5.20pm	Shot		
5.45pm	Discus		
Two Athletes per event – 1 Team Relay			

**SWANSEA HARRIERS SWANSEA SCHOOLS ATHLETICS TROPHY MATCH
Friday 11th MAY 2018 - Under UK Athletics Rules - DECLARATION SHEET**

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		
5.00pm	Discus		
5.20pm	Long Jump		
5.45pm	High Jump		
Two Athletes per event – 1 Team Relay			