

Afan Nedd Tawe Sportshall Athletics Championships @ Indoor Athletics Centre Swansea University
Wednesday 13th December 2017

ENTRY FORM

There is a closing date for entries of Friday 8th December 2017. Late entries will not be accepted. Return entries' to – Andrew Jenkins, 38 Brynhyfryd, Tircoed Forest Village, Swansea, SA4 9JJ

Athlete Name: _____ School: _____ School Year: _____
 Date of Birth: _____ Email: _____ Mobile Telephone number: _____
 Parents Signature: _____ Print Parents Name: _____

Circle age group **U13 Boys (school years 7 & 8)** **U15 Boys (school years 9 & 10)** **U13 Girls (school years 7 & 8)** **U15 Girls (school years 9 & 10)**

- U13 athletes **must select and compete** in two track events and two field events. **Highlight** and list clearly the 4 events you will be participating in.
- U15 athletes **must select and compete** in both the 2 lap and 4 lap races on the track. In the field U15 athletes must compete in two field events, one from section A and one from section B, noting that U15B&G the boys have standing triple jump and the girls vertical jump. **Highlight** and list clearly the 4 events you will be participating in.

<u>Age Group</u>	<u>U13 Track Events</u>	<u>U13 Field Events</u>		<u>Age Group</u>	<u>U15 Track Events</u>	<u>Section A U15 Field Events</u>	<u>Section B U15 Field Events</u>
U13B&G	Obstacle Race	Shot		U15B	2 lap race (120m)	Standing Long Jump	Speed Bounce
	2 lap race (120m)	Speed Bounce			4 lap race (240m)	Standing Triple Jump	Shot
	4 lap race (240m)	Standing Long Jump		U15G	2 lap race (120m)	Standing Long Jump	Speed Bounce
	6 lap race (360m)	Standing Triple Jump			4 lap race (240m)	Vertical Jump	Shot
		Vertical Jump					

Track Events: _____ and _____ Field Events: _____ and _____

Rules:

- Obstacle race = forward roll, high stepper, speed bounce & 2 x hurdles.
- Athletes **must select and compete** in two track events and two field events.
- U15B&G the boys have standing triple jump and the girls vertical jump.
- One lap (60m) is equal to 2 lengths of a school sportshall.
- All athletes must wear trainers no spikes allowed.
- Track events take priority if there is a clash with a field event. Once track event is completed athletes may return to their field event to complete their allocated attempts.
- Each competitor will have three attempts in the shot put, standing long, vertical & triple jumps.
- Speed bouncers have 1 attempt for 30 seconds.
- The results of this event will be used as the basis of selection for the Afan Nedd Tawe team to compete in the Welsh Inter Regional Sportshall Athletics Championships at Cwmbran on TBC March 2018, which in turn acts as a qualifier for the UK final in Manchester on TBC April 2018.
- Qualification for track finals will be the fastest 5 times, therefore winning your heat does not guarantee a final place.
- Finals will be run at heat times if heats are not necessary.
- There is a closing date for entries of Friday 8th December 2017, and the entry Fee = £4.00 per athlete. Cheques made payable to Afan Nedd Tawe Schools Athletics Association.
- Subject to numbers of entries and enough volunteer officials (30) it is hoped the event will run smoothly and finish by 8:10pm.

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Time:	1 lap Obstacle Race	4 Laps (240m)	2 laps (120m)	6 laps (360m)	Time:	Shot	Standing Long Jump	Standing Triple Jump	Speed Bounce	Vertical Jump
5:30	U13B Time Trials				5:30	U15B	U15G	U13G	U15B	U15G
5:40					5:40					
5:50	U13G Time Trials				5:50	U13B				
6:00					6:00		U13G			
6:10		U15B Heats			6:10			U13B	U13G	
6:20		U15G Heats			6:20					
6:30		U13B Heats			6:30	U15G	U15B	U15B	U15G	
6:40		U13G Heats			6:40					U13B
6:50			U15B Heats		6:50					
7:00			U15G Heats		7:00				U13B	U13G
7:10			U13B Heats		7:10					
7:20			U13G Heats		7:20		U13B			
7:30				U13B Time Trials	7:30	U13G				
7:40				U13G Time Trials	7:40					
7:45			U15B Final							
7:48			U15G Final							
7:51			U13B Final							
7:54			U13G Final							
7:57		U15B Final								
8:00		U15G Final								
8:03		U13B Final								
8:06		U13G Final								

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Starter

1.

Marksman

2.

Track Judges

3.

4.

5.

6.

7.

8.

9.

10.

Timekeepers

11.

12.

13.

Registration & Results

14.

15.

Shot

16.

17.

18.

19.

Standing Long Jump

20.

21.

Standing Triple Jump

22.

23.

Vertical Jump

24.

25.

Speed Bounce

26.

27.

High Jump

28.

29.

30.

Unavailable:

Equipment Needed:

Forward roll & Relay mats x 3

Stopwatches x 6

Pencils x 10

25 x Hurdles to fence of track area and high jump area

High stepper x 3

Distance score cards x 14

Chalk & cloth for vertical jump x 1

Lap counter and bell

Speed bounce x 4

Height score cards x 2

Judges x 30

Safety Pins

Folding hurdles x 8

Results pads enough for 100 races

Tables and chairs x 3

Athlete numbers

Tape for start/finish line x 1

Rules for each event

Benches for spectators/athletes x 12

Whistle x 1

Clipboards x 10