

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

Wednesday 19<sup>th</sup> 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 13<sup>th</sup> 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 31<sup>st</sup> August (Years 7 and 8)      MIDDLE: Under 16, on 31<sup>st</sup> 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
	<b>12.</b>	<b>Shot</b>	<b>IPC Disability Boys &amp; Girls</b>
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
	<b>18.</b>	<b>Discus</b>	<b>IPC Disability Boys &amp; Girls</b>
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
	<b>24.</b>	<b>Javelin</b>	<b>IPC Disability Boys &amp; Girls</b>

### 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
<b>37.</b>	<b>3.35</b>	<b>100/60 metres</b>	<b>IPC Disability Girls FINALS</b>
<b>38.</b>	<b>3.40</b>	<b>100/60 metres</b>	<b>IPC Disability Boys FINALS</b>
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	<b>Final Score</b>	

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

<b>EVENT</b>	<b>NAME</b>	<b>DATE OF BIRTH</b>
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		