



Swansea Harriers Gold Awards 2019



<i>Events</i>	U13B	U15B	U17M	U20M	U13G	U15G	U17W	U20W
<i>75m</i>					10.5			
<i>100m</i>	13.1	11.8	11.3	10.9	13.7	12.8	12.5	12.3
<i>150m</i>					20.8			
<i>200m</i>	27.1	24.2	22.8	22.2	28.7	26.5	25.7	25.2
<i>300m</i>		39.1				43.0	41.4	
<i>400m</i>			51.6	49.8			58.7	58.0
<i>800m</i>	2.23.5	2.08.3	1.59.1	1.54.2	2.30.0	2.21.2	2.16.0	2.11.3
<i>1200m</i>					3.58.0			
<i>1500m</i>	4.52.5	4.24.5	4.09.3	3.56.0	5.08.5	4.52.8	4.41.0	4.30.9
<i>3000m</i>			9.01.3	8.36.3			10.13.5	9.50.0
<i>Sprint Hurdles</i>	13.1	12.1	14.0	14.7	12.1	12.1	12.0	14.6
<i>Long Hurdles</i>			57.0	54.8			45.4	63.9
<i>Steeplechase</i>			4.32.5 (1500m)	6.10.8 (2000m)			5.15.5 (1500m)	5.15 (1500m)
<i>Walk</i>	5.15 (1000m)	4.55 (1000m)	15.00 (3000m)	13.30 (3000m)	5.35 (1000m)	5.15 (1000m)	15.54 (3000m)	16.00 (3000m)
<i>Walk</i>		15.19 (3000m)	24.50 (5000m)	22.13 (5000m)		16.30 (3000m)	26.33 (5000m)	26.58 (5000m)
<i>High Jump</i>	1.44	1.69	1.87	1.97	1.37	1.55	1.62	1.71
<i>Pole Vault</i>		3.32	4.00	4.56		2.95	3.47	3.67
<i>Triple Jump</i>		11.65	12.85	13.67			10.65	11.27
<i>Long Jump</i>	4.65	5.65	6.25	6.70	4.42	4.97	5.37	5.52
<i>Shot</i>	8.90	12.12	12.97	13.60	8.17	9.82	11.75	10.77
<i>Discus</i>	23.50	33.75	38.95	42.52	21.90	26.60	33.87	39.00
<i>Javelin</i>	30.07	42.60	49.32	55.22	23.30	31.37	37.92	39.15
<i>Hammer</i>		44.22	51.27	59.47		41.90	47.70	46.80
<i>Combined Events</i>		2485 Pent.	4800 Oct.	6082 Decath.		2787 Pent.	3030 Pent.	4795 Hept.
<i>Indoor 60m</i>	8.20	7.68	7.20	7.05	8.60	8.23	7.90	7.78
<i>Indoor 60m H</i>	10.21	9.05	8.30	8.13	10.03	9.48	9.00	8.83
<i>Ind. Comb'd Events</i>		2502 Pent.	4124 Hept.	4559 Hept.		2997 Pent.	3485 Pent.	3541 Pent.

SCHEDULE OF ELIGIBLE

FIXTURES

- ✓ WJL – Louise Arthur League
- ✓ Youth Development League
- ✓ Welsh Regional Championships
- ✓ Welsh Championships (inc. Combined Events)
- ✓ Welsh Schools
- ✓ Welsh Inter Regional Champs
- ✓ Schools International
- ✓ UK Championships (inc. Combined events)
- ✓ WSL (U17/20)
- ✓ Welsh U20 International
- ✓ European U20 Championships

RULES AND CONDITIONS

- 1) Only the events listed will be used
- 2) Only weights appropriate to the age group will be accepted in the throws
- 3) Sprint Hurdles will be as per the rules for each age group
- 4) Athletes may only gain awards within their own age band
- 5) One award per event per season
- 6) All registered 1st claim club members are eligible

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