

Swansea Harriers Gold Awards 2018

Schedule of eligible fixtures

WJL - Louise Arthur League
 Youth Development League
 Welsh U17 League
 West Wales Championships
 Welsh Championships
 (Inc Combined Events)
 Welsh Schools
 (Inc Combined Events)
 Welsh Inter Regional Champs
 Celtic International
 Schools International
 UK Championships
 (inc. Combined events)

Rules & Conditions

Only the events listed will be used.

Only weights appropriate to the age group will be accepted in the throws

Sprint Hurdles will be as per the rules for each age group.

Relay splits are not eligible.

Athletes may only gain awards within their own age band.

Figures in brackets after the standard are the distance of the race or the weight of implement.

One award per event per season

All registered club members eligible.

Only performances in the designated fixtures may be used.

Events	Under 13 B	Under 15 B	Under 17 M	Under 13 G	Under 15 G	Under 17 W
75m				10.5		
100m	13.1	11.8	11.3	13.7	12.8	12.5
150m				20.8		
200m	27.1	24.2	22.8	28.7	26.5	25.7
300m		39.1			43.0	41.4
400m		55.5	51.6			58.7
800m	2.23.5	2.08.3	1.59.1	2.30.0	2.21.2	2.16.0
1200m				3.58.0		
1500m	4.52.5	4.24.5	4.09.3	5.08.5	4.52.8	4.41.0
3000m		9.27.5	9.01.3			10.13.5
Sprint Hurdles	13.1 (75m)	12.1 (80m)	14.0 (100m)	12.1 (70m)	12.1 (75m)	12.0 (80m)
300m H						45.4
400m H			57.0			
1500S/Ch			4.32.5			5.15.5 n
Walk	11.01.5 (2000m)	15.19 (3000m)	15.00 (3000m)	11.40 (2000m)	13.47.5 (2500m)	15.54 (3000m)
Walk	5.15 (1000m)	4.55 (1000m)	24.50 (5000m)	5.35 (1000m)	5.15 (1000m)	26.32.5 (5000m)
High	1.44	1.69	1.87	1.37	1.55	1.62
Pole Vault		3.32	4.00		2.95	3.47
Triple		11.65	12.85			10.65
Long	4.65	5.65	6.25	4.42	4.97	5.37
Shot	8.90 (3.25k)	12.12 (4k)	12.97 (5k)	8.17 (2.72k)	9.82 (3k)	11.75 (3k)
Discus	23.50 (1k)	33.75 (1.25k)	38.95 (1.5k)	21.90 (.75k)	26.60 (1k)	33.87 (1k)
Javelin	30.07 (400g)	42.60 (600g)	49.32 (700g)	23.30 (400g)	31.37 (500g)	37.92 (500g)
Hammer		44.22 (4k)	51.27 (5k)		41.90 (3k)	47.70 (3k)
Comb'd Events	1625 Pentathlon	2485 Pentathlon	4800 Octathlon	2305 Pentathlon	2787 Pentathlon	4467 Heptathlon
Indoor 60m	8.20	7.68	7.20	8.60	8.23	7.90
Indoor - 60m H	10.21	9.05	8.30	10.03	9.48	9.00
Comb'd Events	1387 Pentathlon	2502 Pentathlon	3195 Pentathlon	2342 Pentathlon	2857 Pentathlon	3250 Pentathlon

Fixtures 2018

11.11.17 - Welsh Combined - UWIC
 20/21.01.18 - W Wales Ind Champs - Swansea
 17/18.02.18 - Welsh U 13/15/17 Ch - UWIC
 24/25.02.18 - UK U15/17 Ch- Sheffield
 21.04.18 - YDL (L) - Swansea
 22.04.18 - Welsh U17 League - Cardiff
 29.04.17 - YDL (U) - Swansea
 05.05.18 - Louise Arthur L - Carmarthen
 13.05.18 - W Wales Champs - Neath
 19.05.18 - YDL (L) - Bath
 20.05.18 - Welsh U17 League - Neath
 27.05.18 - YDL (U) - Cardiff
 03.06.18 - Louise Arthur L - Neath
 09.06.18 - Welsh Schools C E - Swansea
 10.06.18 - Welsh U17 League - Swansea
 17.06.17 - YDL (L) - Yate
 23.06.18 - Welsh Jr Champs - Newport
 24.06.18 - Welsh Jr Champs - Newport
 30.06.18 - Louise Arthur L - Brecon
 01.07.18 - YDL (U) - Exeter
 07.07.18 - Welsh Schools - Cardiff
 21.07.18 - SIAB - Grangemouth
 21.07.18 - YDL (L) - Bristol/Swindon
 29.07.18 - Louise Arthur L - Swansea
 29.07.18 - YDL (U) - Bristol/Newport
 04.08.18 - Celtic Int'l - Grangemouth
 11.08.18 - Welsh U17 League - Newport
 12.08.18 - Gerald Codd - Haverfordwest
 19.08.18 - Welsh Cup Final - Swansea
 25.08.18 - Welsh Inter Region - Brecon
 25/26.08.18 - AA Eng U15 / 17 Champs Bedford
 08.09.18 - YDL (L) Finals - Birmingham
 09.09.18 - YDL (U) Finals - Birmingham

Events outside of the above fixtures are not eligible for awards
 However please pass any marks from other meetings to John Griffiths - for recording

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