

DURHAM COUNTY SCHOOLS ATHLETICS ASSOCIATION
*ARE YOU INTERESTED IN PARTICIPATING IN THE
FOLLOWING EVENT?*

U15 (YR 8&9) PENTATHLON
INFORMATION

***Wednesday 22nd May 2019: Monkton Stadium
(9.30am to 4.00pm)***

1. A team will consist of FOUR athletes from years 9 and/or 8.
2. There will be a Girls competition and a Boys competition with **each** athlete taking part in **all 5** events.
3. The winning team will be the team with the highest overall score of 3 athletes.
4. The 5 events are Hurdles, shot, Long Jump, High Jump and 800m.

Hurdles distances and Heights: Girls- 75m 76.2cm
Boys- 80m 84cm

Shot: Girls- 3.00kg
Boys- 4.00kg

5. Teams **must be accompanied** by at least one member of staff and one adult/parent or VI former who will be expected to judge/time throughout the day. Any additional senior students will be most welcome.
6. There will be an entry fee of **£10** per team, cheques payable to D.C.S.A.A and to be sent to Mrs Eve Hannaford at least one week before the event or pay via BACS PAYMENT.(see payment form for details)
7. Names of athletes and dates of birth to be **emailed** to me one week before the competition.
8. Register by 9.15am for a 9.30am start.
9. Please bring a **stopwatch, tape measure, safety pins and a First Aid kit.**

NB: This competition will be used to select the Durham County Junior combined events team for the Combined Events Regional Competition on the **22rd/23rd June 2019.**

Rachael Skirrey (DCSAA Combined Events)

[Email: rskirrey@kingsmeadow.org.uk](mailto:rskirrey@kingsmeadow.org.uk)

Mobile: 07810567927

DURHAM COUNTY SCHOOLS ATHLETIC ASSOCIATION

ARE YOU INTERESTED IN PARTICIPATING IN THE
FOLLOWING EVENT?

U14 (YR 7/8) PENTATHLON
INFORMATION

**Wednesday 12th June 2019- Monkton Stadium, Jarrow
(9.30am to 3.45pm)**

1. This competition will follow exactly the same format as the U15 pentathlon event.
1. A team will consist of FOUR athletes from years 8 and/or 7.
2. There will be a Girls competition and a Boys competition with each athlete taking part in all five events.
3. The winners will be the team with the highest overall score for 3 athletes.
4. The events included will be HURDLES, SHOT, LONG JUMP, HIGH JUMP, 800m
HURDLES DISTANCES AND HEIGHTS: **Girls-** 75m/68cm
Boys-80m/76cm
SHOT: **Girls-** 2.72kg
Boys- 3.25kg
5. Teams **must be accompanied** by at least **one member of staff** and one adult/parent or VI former who will be expected to judge throughout the day. Any additional senior students will be most welcome.
6. There will be an entry fee of **£10** per team. **Cheques payable to 'D.C.S.A.A'** and to be sent to Mrs Eve Hannaford at least one week before the event or pay via BACS PAYMENT(see payment form for details)
7. Names of athletes and dates of birth to be emailed to me one week before the competition.
8. Register by 9.15am if possible for a 9.30am start.
9. Please bring a **stopwatch, safety pins, first aid kit** and a **tape measure**.

Rachael Skirrey (DCSAA Combined Events)

Email: rskirrey@kingsmeadow.org.uk

Mobile: 07810567927

DURHAM COUNTY SCHOOLS ATHLETIC ASSOCIATION

*ARE YOU INTERESTED IN PARTICIPATING IN THE
FOLLOWING EVENT?*

YEAR 7 MINIATHLON INFORMATION

Thursday 4th July 2019 -Monkton Stadium Jarrow

(9.30am to 1.00pm)

The Mini-athlon forms the introduction to Combined Events competition in the secondary sector as well as providing a wider range of activities for an often neglected, but keen age group in athletics. You are invited to send a team to the above event, and a brief description follows:-

1. The Competition is for Boys and Girls who are aged 11/12 years this current school year (year 7).
2. Teams shall consist of six pupils – 3 boys and 3 girls. Single sex schools may enter 6 boys or 6 girls.
3. Each competitor chooses to compete in 3 separate events, selecting ONE event from EACH of the following groups:

TRACK EVENT: 80m, 150m, 600m or 800m

JUMPING EVENT: High Jump or Long Jump

THROWING EVENT: Shot, Cricket Ball (boys) or Rounders Ball (girls)

(look at the tables as shot can be a higher scorer than ball throw)

4. Scoring is as per the points table on the ESAA website (www.esaa.net). Each competitor's final performance is the aggregate of points scored in all three groups, and all six competitor's score count for the team score. You will be provided with a score card and you will score the event yourselves. **I suggest that you bring a couple of senior pupils with you to score as you will have to judge.**
5. There is an entry fee of **£10**, payable to 'DCSAA' and to be sent to Eve Hannaford at least one week before the event or pay via BACS PAYMENT (see payment form for details)

Rachael Skirrey (DCSAA Combined Events)

Email: rskirrey@kingsmeadow.org.uk

Mobile: 07810567927

HOW DO I ENTER THE COMPETITIONS?

You are able to enter a maximum of boys 2 teams and 2 girls teams in the U15 and U14 competitions.

You are able to enter one team in the year 7 mini athlon.

A teacher is able to enter an **individual** athlete but they must be accompanied by a parent, teacher or a coach on the day of the competition. Individual athletes will pay £2.50.

Simply email me at rskirrey@kingsmeadow.org.uk informing me of the following information:

1. The competitions you would like to enter and how many teams or individuals.
2. School Name and Address
3. Teacher name
4. Contact number {school and/or mobile}
5. EMAIL address of teacher in charge

PAYMENT

You must pay via either cheque or BACS one week prior to the competition.

You must send a payment form to so that we have a record of who has paid.

There is an entry fee of **£10 per team** for each competition.

There will be a charge of **£2.50** for individual athletes.

(see payment details on payment form)

PAYMENT FORM

(to be completed and sent with a cheque/BACS payment to Mrs Eve Hannaford)

There is an entry fee of **£10 per team** for each competition.
There will be a charge of £2.50 for individual athletes.

Cheques should be made payable to '**D.C.S.A.A**' and sent, with this form to **Mrs Eve Hannaford**, 18 Cannobie Close, Darlington, DL3 8RU at least **a week** in advance of the competition your school is participating in.

Alternatively you may pay via BACS:

Sort Code: 30-19-54

A/C: 02310083

Reference: SCHOOL NAME, MULTI EVENTS

School Name	
School Address:	
Teacher Name	
School contact number(s)	
Teacher Mobile Number (optional):	
Email:	

Number of teams:

I have entered the:

U15 PENTATHLON (Yr 8/9)

(£10 per team)

U14 PENTATHLON (Yr 7/8)

(£10 per team)

MINIATHLON (Yr 7)

(£10 per team)

My School have paid £_____ via BANK TRANSFER

I enclose a cheque of _____ made payable to DCSAA.

Signed _____ ()

Date _____

REMEMBER THIS FORM NEEDS TO BE SENT WITH A CHEQUE TO MRS EVE HANNAFORD OR PAY VIA BACS AT LEAST ONE WEEK BEFORE THE COMPETITION.

Make sure this form is still returned even if you are paying via bank transfer.