

	Inter Counties Schools' Track & Field Championships Saturday 15 June 2019 Gateshead International Stadium PROGRAMME – 50p donation Cleveland:13/14 Cumbria:17/18 Durham:25/26 Northumberland:59/60
		

TRACK EVENTS – Start 12 Noon			<i>Seniors report at the same time as Inters</i>							
No	Event	Age Group	Race 1 *				Race 2 *			
			Lane Order				Lane Order			
T1	300m Hurdles	Inter Girls	59	13	17	25	60	14	18	26
T2	400m Hurdles	Inter Boys	25	17	13	59	26	18	14	60
T3	3000m	Inter Girls	17	25	59	13	18	26	60	14
T4	100m	Junior Girls	25	17	13	59	26	18	14	60
T5	100m	Junior Boys	59	25	17	13	60	26	18	14
T6	100m	Inter Girls	13	59	25	17	14	60	26	18
T7	100m	Inter Boys	17	13	59	25	18	14	60	26
T8	800m	Junior Girls	25	59	13	17	26	60	14	18
T9	800m	Junior Boys	17	25	59	13	18	26	60	14
T10	800m	Inter Girls	59	13	17	25	60	14	18	26
T11	800m	Inter Boys	13	17	25	59	14	18	26	60
T12	3000m	Inter Boys	17	25	59	13	18	26	60	14
T13	200m	Junior Girls	25	59	13	17	26	60	14	18
T14	200m	Junior Boys	13	17	25	59	14	18	26	60
T15	200m	Inter Girls	25	59	13	17	26	60	14	18
T16	200m	Inter Boys	17	13	25	59	18	14	26	60
T17	1500m	Junior girls	25	59	13	17	26	60	14	18
T18	1500m	Junior Boys	59	13	17	25	60	14	18	26
T19	1500m	Inter Girls	13	17	25	59	14	18	26	60
T20	1500m	Inter Boys	17	25	59	13	18	26	60	14
T21	75m Hurdles	Junior Girls	25	59	13	17	26	60	14	18
T22	80m Hurdles	Inter Girls	13	17	25	59	14	18	26	60
T23	80m Hurdles	Junior Boys	59	25	13	17	60	26	14	18
T24	100m Hurdles	Inter Boys	13	17	25	59	14	18	26	60
T25	300m	Junior Girls	59	17	13	25	60	18	14	26
T26	300m	Inter Girls	17	59	25	13	18	60	26	14
T27	300m	Junior Boys	25	13	59	17	26	14	60	18
T28	400m	Inter Boys	13	25	17	59	14	26	18	60
T29	1500m Steeplechase	Inter Boys	13	25	17	59	14	26	18	60
T30	1500m Steeplechase	Inter Girls	17	25	59	13	18	26	60	14
T31	Relay	Junior Girls	17	25	59	13				
T32	Relay	Junior Boys	25	59	13	17				
T33	Relay	Inter Girls	59	13	17	25				
T34	Relay	Inter Boys	13	17	25	59				

- Competition events may be split into 2 races if there are more than 8 competitors
 Guests and Seniors (wearing triple numbers) will be allocated to events as deemed appropriate

Certificates will be presented immediately to the FIRST THREE in the primary competition events

FIELD EVENTS

All long throws will take place on the outside throws field, behind the stadium.

There are no toilets or shelter in this area.

Please allow plenty of time to walk over to the outside throws areas in order for the events to run on time. Exit via the door above the 200m start-line.

Thank you.

NSAA

Event start time	Events and age groups NB Warm up will take place before the event start time. Please listen carefully to announcements so that you do not miss your event or the warm up.					
11.30 am	Hammer – JG, IG, JB, IB					
	Pole Vault - JG, IG, JB, IB					
12.00noon	IB High Jump	JB Shot	IG Long Jump	IB Discus		JG Javelin
1.15pm	JG High Jump	IG Shot	JB Long Jump	JG Discus	IB Triple Jump	IB Javelin
2.15pm	IG High Jump	IB Shot	JG Long Jump	IG Discus	JB Triple Jump	JB Javelin
3.15pm	JB High Jump	JG Shot	IB Long Jump	JB Discus	IG Triple Jump	IG Javelin

Entries

Athletes in the Junior and Intermediate age groups are allowed to enter 2 individual events plus one relay. Seniors should only be entered if the Team Manager needs to see them regarding performance as the Inter-Counties is a Junior and Intermediate event.

Guest entries are at the discretion of the organisers. Please inform Northumberland Schools AA prior to the day of the meeting as there is a knock-on effect for lanes on the track and timings for field events – Paul Ponton paul.ponton@btinternet.com

Field Events

All athletes will have 4 attempts apart from HJ and PV. As time allows, 2 warm up attempts will be given. Pole Vault – starting height will be decided on the day, depending upon the standard of the athletes.

ESAA rules apply for:

High Jump – The bar shall be raised first by 2 increments of 5cm and then by increments of 3cms.

Triple Jump - JB, IG, SG 9m & 11m boards, IB, SB 11m & 13m boards

Competitors shall elect to take off from either board and having so elected shall continue to do so throughout the competition, unless, in the opinion of the judges, their selection constitutes a safety hazard.

Competition Numbers

NSAA will provide 100 of each number, and designated triple numbers for Seniors & Guests.

Please bring your own safety pins, 4 per number, one safety pin in each corner.

Track – numbers to be worn front and back.

Field – numbers on front (except for PV & HJ).

Presentation National Dairy Council Trophy for Intermediate/Junior competition winners.

Results www.northumberlandschoolsathletics.co.uk