

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 stadium main entrance and turn left to go past the college following high fence to the Throws field.

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 their 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 to be worn on front only, (or back if preferred at HJ/PV)

Guests

Any Inter & Junior guests wearing triple numbers will be ranked normally in the results, but will not score any points towards the team competition. If they come in the Top 3 they will receive a certificate.

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