

Somerset Schools Athletic Association



Handbook 2015

www.somersetschoolsathletics.org.uk

Somerset Schools' Athletic Association's aim is to promote and organise athletics for pupils and students in schools and colleges within the county.

It hosts championships and organises teams for regional and national championships to compete in Track and Field, Cross-Country, Combined Events and Race Walking.

Officers of the Association

- Chairman — Mr Gary Jennings
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- Secretary — Mr Brian Baker
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- Treasurer — Mr Les Neville
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- Senior Team Manager — Mr Richard Bowden
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- Officials' Secretaries :
- Schools' AA — Mrs Pat Gillett
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- County AA — Mrs Sally Higman
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Area Secretaries

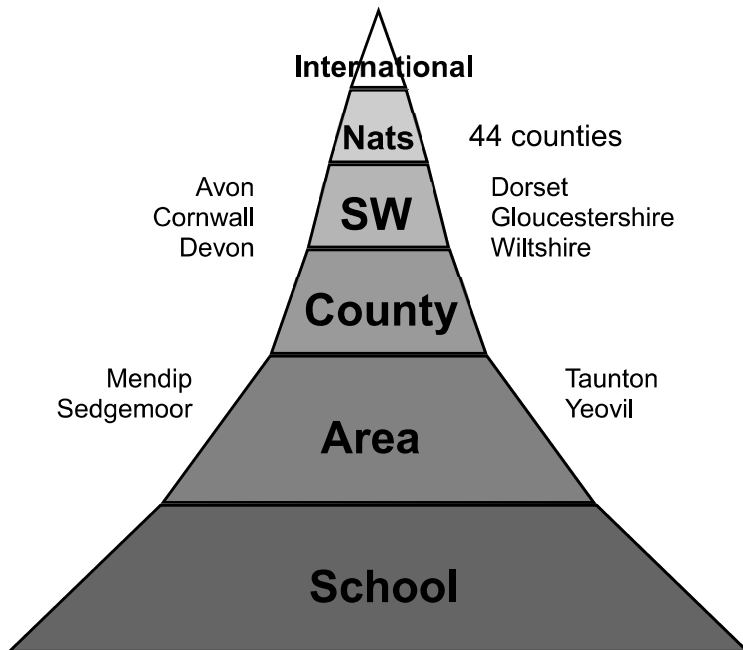
- Mendip — Mr Jason Allen
JBA@millfieldschool.com
- Sedgemoor — Mr Steve Ladd
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- Taunton — Mr Richard Llewellyn-Eaton
rllewellyneaton2@btinternet.com
- Yeovil — Mrs Jane Yandell
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A full list of schools/ colleges in each Area can be found on the SSAA website.

Somerset Schools' Athletic Organisation

In 2014 Somerset had five England representatives:

Sophie Hamilton (Hazlegrove School) - 8th SIAB Junior Girls' Cross-Country
Laurie Dawkins (Taunton School) - 3rd SIAB Intermediate Girls' Javelin
Archie Walton (The Castle School) - 2nd SIAB Intermediate Boys' Steeplechase
Cliff Schwabauer (Millfield School) and Ellen Barber (King's School) - Home International Indoor Pentathlons, Glasgow - December 2014



- Progression from school athlete to international athlete is slightly different for each of the disciplines as outlined in the following pages.
- Within the county there are four Areas whilst within the South-West Region there are six other counties.
- At national level counties are divided into three groups: A, B and C determined by pupil population. Somerset, Cornwall, Dorset, Gloucestershire and Wiltshire are C Group counties; Avon and Devon are B Group.
- Somerset is the fifth smallest county in the country.
- The Schools International Athletic Board (SIAB) hosts the Home International matches.
- In most years Somerset has an athlete in an England team — in many years more than one.

Cross-Country

Area Championships take place either side of Christmas for Minors, Juniors, Intermediates and Senior age groups.

The SSAA Championships take place at the end of January, or beginning of February, with 15 athletes representing each Area in each age group.

10 athletes per age group are selected to go forward to the South-West Championships which are held in February.

8 athletes per age group (not Minors) go forward to represent the County at the ESAA Championships which are traditionally held on the third Saturday in March.

The first 8 athletes in the Junior and Intermediate races at the ESAA Championships are selected to represent England in the SIAB Home International. SSAA Junior Cross-Country Championships (for year 7 and year 8 athletes) take place at the end of February, with entries coming direct from schools.

Track and Field

Area Championships take place in May for Juniors, Intermediates and Senior age groups.

The SSAA Championships take place on the second Saturday in June with Areas entering a maximum of 4 athletes per event. Usually a total of some 600 athletes will represent their Areas at these Championships.

A team of approximately 115 athletes (130 competition entries) is selected to represent the County at the South-West Championships held on the following Saturday.

Somerset being a 'C group' County enters a maximum of 25 athletes in the ESAA Championships, traditionally held on the second Saturday in July and the preceding Friday. An ESAA Entry Standard should have been achieved by those athletes selected.

A team (2 per event) from the Intermediate age group is selected from the ESAA Championships to represent England in the SIAB Home International. SSAA Junior Track and Field Championships (for year 7 and year 8 athletes) usually take place in the week immediately after the May half term with entries direct from schools.

SSAA Middle School Championships usually take place in the week after the ESAA Championships.

Cross-Country & Track and Field Schools' Cup

Individual schools are encouraged to enter the ESAA Schools' Cup Competitions.

Full information can be found on the ESAA website — esaa.net

Combined Events

The SSAA Championships take place during the last weekend in April or the first weekend in May for Minors, Juniors, Intermediates and Senior age groups. Entries come direct from schools or clubs.

Teams of four athletes (not Minors) are selected to represent the County at the South-West Regional Championships which usually take place on the fourth weekend of June.

The winning team, plus the top two individuals not in that winning team, from each age group qualify automatically for the ESAA Championships. In addition, from the six Regional competitions, ESAA will extend invitations to the top 6 athletes in each age group who have not already qualified by right.

The ESAA Championships are held on the third weekend of September. Race Walking Championships for Minors (not at ESAA Championships), Juniors, Intermediates and Seniors are also held at all Combined Events Championships.

2014 Success

Teams

Intermediate Boys' Team - South-West Cross-Country Champions

Minor, Junior & Senior Girls' Teams - South-West Cross-Country Champions

Junior Girls' Cross-Country Team - 'Stedman Trophy' for 8th finisher at National Championships

Girls' Cross-Country Teams - ESAA Group 'C' National Champions

South-West Track & Field Team Champions:

Senior Girls, Overall Girls, Junior Boys, Intermediate Boys, Senior Boys, Relays, Overall Boys, Overall Track Events, Overall Field Events, Overall Champions

Junior Boys' Team - South-West Combined Events Champions

Intermediate Boys' Team - South West Combined Events Champions

Intermediate Boys - National 'C' Group Track & Field Champions

Overall Boys - National 'C' Group Track & Field Champions

Individuals

3 South-West Cross-Country Champions

19 South-West Track & Field Champions

Junior Boy South-West Combined Events Champion

Intermediate Boy South-West Combined Events Champion

Cliff Schwabauer (Millfield School)- National Junior Boys' Shot Champion

Holly Brown (Queen's College) - National Senior Girls' Steeplechase Champion

School and Area

Area	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	3 Year Total	14 Year Total
All Hallows School	M	1	1	2	2				1	1	3	1		1	2	5
Crispin School	M	2	1	1	1		2		3	1	4	1	7	5	17	35
Downside School	M							2							1	3
Fairlands Middle School	M	4	5	4	3	4	1	1	2	1			1		0	27
Frome College	M	2	1	1	2	3	3	4	5	3	5	3	1	2	6	35
Kings of Wessex Academy	M	1	2	2	2	1	4	2	1	1		2	1	1	4	20
Millfield Preparatory Sch	M	33	29	25	31	20	36	35	31	24	24	23	28	32	83	403
Millfield School	M	1													0	1
Oakfield Academy	M														0	0
Selwood Academy	M														0	0
St Dunstan's School Academy	M	2	2	3	1		1		2	1	1				0	13
Strode College	M	2	1			1			2	4	2		3	2	5	17
The Blue School	M	4	1	1		1	3	2	3	2	7	6	4	3	13	37
Wells Cathedral School	M				1	3	4	3	3	6	7	6	5	6	17	44
Whitstone School	M				2	2	3	6	4	4	4	2			2	27
Total Athletes		45	46	36	42	35	45	57	58	50	58	49	50	52	151	
% of Overall total		24%	28%	24%	25%	25%	28%	31%	31%	30%	33%	28%	29%	32%	29%	
Number of Representative Schools		6	10	7	7	9	8	9	9	11	10	9	8	8	11	
Bridgwater College	S	2	1	4	2				1			1	1	2	4	14
Brynmor Academy	S	20	20	21	16	14	11	10	11	6	5	4	4	2	10	149
Chilton Trinity School	S			1	1	1			2	2	2		1		1	12
Danesfield	S	1		1	3		3		2	1	2				0	13
Dulverton Middle School	S		1				1								0	2
Bridgwater College Academy	S	1		1			1								0	3
Haygrove School	S	6	9	5	5	1		1	2	3	2	1	2	1	4	39
Hugh Sexey	S				1		2		4	1	1	3	4	2	9	18
The King Alfred School	S	1		1	1	1			1	2	1	2	3	2	7	16
Mark College	S	1	2		1	1			1		1	1		1	1	7
Minehead Middle School	S		3	1			1	1				2	1	1	3	9
Robert Blake Science College	S									1		1			1	3
Shapwick	S			1											0	1
West Somerset Comm. College	S	11	8	9	11	12	13	7	6	8	8	3	3	2	8	109
Total Athletes		43	44	39	28	27	31	27	22	23	20	18	18	12	48	
% of Overall total		23%	27%	28%	23%	20%	17%	15%	12%	14%	11%	10%	10%	7%	9%	
Number of Representative Schools		8	7	9	9	5	6	7	6	9	8	6	9	7	10	

County Representatives

Area		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	3 Year Total	13 Year Total
T	Bishop Fox's School	1		1	2	3	4	1		1		1	1	2	3	20
	Court Fields School		2	1	1	4	1				4	1	2	2	2	20
	Heathfield Community School	2	2	1	1		1		1		2	1	3	1	1	16
	Kings College	8	7	6	11	10	11	12	13	12	17	11	9	13	8	148
	Kings Hall School	1						4	2	1	3	2	2	2	1	18
	Kingsmead School	1	6	2	2			1			1	2	3	2	5	20
	Queens College	10	9	7	5	6	13	11	17	15	10	14	14	13	14	158
	Richard Huish College	6	4	4	6	7	9	7	6	6	5	6	6	9	7	88
	Somerset College		1	1		2	2			1						7
	Taunton Preparatory	1							1	2			3		3	7
T	Taunton Academy															0
	Taunton School	8	8	9	11	7	6	4	7	5	4	4	5	9	10	97
	The Castle School	14			3	4	4	7	4	5	7	6	7	4	2	63
	Wellington School	6	4	9	6	6	4	7	8	10	6	7	4	9	8	94
	Total Athletes	62	45	42	46	48	55	54	59	59	59	55	56	67	58	181
	% of Overall total	34%	27%	28%	27%	34%	34%	29%	32%	33%	35%	31%	32%	39%	35%	35%
	Number of Representative Schools	12	10	11	10	9	10	9	9	11	10	11	11	11	11	12
	Ansford Academy		1	5	2	1	1	2	1	1		1	4	2	2	8
	Bruton School for Girls	2	1		1	3	2	2	4	4	3		2	1	1	4
	Buckler's Mead Academy	1				1	1	1	3	4	3	1	1			2
Y	Chilton Cantelo School															18
	Hazlegrove															4
	Hollyrood Academy					1		1			5	4	4	1	4	9
	Huish Episcopi Academy					1	1	1	1	1	1	1	3	1	1	5
	Huish Arthur's School	3	5	4	5	3	4	6	3	4	1	4	2	7	6	11
	King Arthur's School	4							1	2	1	1	1			15
	Kings School	2	6	4	4	1	1	4	3	5	3	6	3	5	4	12
	Maiden Beech Academy															51
	The Park School															1
	Preston Academy															1
Y	Sexey's School															16
	Stanchester School Academy	6	4	5	7	2	5	5	4	5	7	4	4	3	7	21
	Swanmead Middle School	4	2	2	2	2	2	2	5	5	3	4	5	5	5	68
	Wadham School															44
	Westfield Academy															1
	Yeovil College	3	1	2	2	3	5	5	5	3	2	5	6	2	1	3
	Total Athletes	35	29	31	44	29	33	43	41	43	36	45	52	38	43	133
	% of Overall total	19%	18%	20%	26%	21%	21%	23%	22%	24%	21%	25%	30%	22%	26%	26%
	Number of Representative Schools	10	10	7	12	12	10	12	13	13	14	14	16	14	15	17
	Overall Athlete Total	185	164	152	171	140	160	185	185	179	168	178	175	173	165	513
Overall School Total		36	37	34	38	35	34	37	37	44	43	41	45	40	41	50

Diary of Events

Cross-Country:

Area Championships -

Mendip:

Wednesday 14th January

Sedgemoor:

Wednesday 14th January

Taunton:

Wednesday 21st January

Yeovil:

Friday 5th December

SSAA Junior Championships: Tuesday 24th February

King's College

SSAA Championships:

Saturday 31st January

Aldon Hill, Yeovil

SWSAA Championships:

Saturday 7th February

Grittleton House, Wiltshire

ESAA Championships:

Saturday 14th March

Witton Park, Blackburn

Track & Field:

Area Championships -

Mendip:

Monday 18th May

Sedgemoor:

Thursday 7th May

Taunton:

Wednesday 6th May

Yeovil:

Wednesday 20th May

SSAA Junior Championships: Wednesday 3rd June

Bill Whistlecroft Arena

SSAA Championships:

Saturday 13th June

Millfield School

SWSAA Championships:

Saturday 20th June

Exeter Arena

ESAA Championships:

Friday 10th July

Gateshead Stadium

Saturday 11th July

SSAA Middle Schools' Championships: Monday 6th July

Bill Whistlecroft Arena

Combined Events:

SSAA Championships: Saturday 25th & Sunday 26th April

Millfield School

SWSAA Championships: Saturday 27th & Sunday 28th June

Bill Whistlecroft Arena

ESAA Championships: Saturday 19th September

Bedford Stadium

Sunday 20th September

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Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2015.
This usually means the athletes are in year 7.

	Distance	Height	No	Approach	Interval	Finish
Minor Boys	75m	76.2cm	8	11.50m	7.50m	11.00m
Junior Boys	80m	84.0cm	8	12.00m	8.00m	12.00m
Inter Boys	100m	91.4cm	10	13.00m	8.50m	10.50m
	400m	84.0cm	10	45.00m	35.00m	40.00m
Senior Boys	110m	99.1cm	10	13.72m	9.14m	14.02m
	400m	91.4cm	10	45.00m	35.00m	40.00m
Minor Girls	70m	68.0cm	8	11.00m	7.00m	10.00m
Junior Girls	75m	76.2cm	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior Girls	100m	84.0cm	10	13.00m	8.50m	10.50m
	400m	76.2cm	10	45.00m	35.00m	40.00m

Implement Weights

	Shot	Hammer	Discus	Javelin
Minor Boys	3.25kg	3.00kg	1.00kg	400gm
Junior Boys	4.00kg	4.00kg	1.25kg	600gm
Inter Boys	5.00kg	5.00kg	1.50kg	700gm
Senior Boys	6.00kg	6.00kg	1.75kg	800gm
Minor Girls	2.72kg	3.00kg	0.75kg	400gm
Junior Girls	3.00kg	3.00kg	1.00kg	500gm
Inter Girls	3.00kg	3.00kg	1.00kg	500gm
Senior Girls	4.00kg	4.00kg	1.00kg	600gm

Boys' Standards

Junior Boys

Standard →	National	Entry	County
100m	11.40	11.70	12.30
200m	23.30	24.00	25.30
300m	36.80	38.00	40.00
800m	2:03.00	2:06.00	2:13.00
1500m	4:15.00	4:22.00	4:36.00
80m Hurdles	11.60	12.00	12.90
4x100m relay	45.60	47.50	49.40
High Jump	1.78	1.72	1.60
Long Jump	5.95	5.80	5.45
Triple Jump	12.40	12.00	11.45
Pole Vault	3.35	3.05	2.90
Shot	13.30	12.30	11.20
Discus	38.00	34.00	30.50
Javelin	46.00	43.00	39.00
Hammer	45.00	38.00	31.00

Junior Boys are aged 13 years and under 15 years on 1st September 2015.

This usually means the athletes are in year 8 or year 9.

Year 7 athletes are not permitted to compete in this age group.

Intermediate Boys

Standard →	National	Entry	County
100m	11.00	11.20	11.70
200m	22.30	22.80	24.00
400m	49.50	51.10	53.40
800m	1:56.00	1:58.00	2:05.00
1500m	4:03.00	4:07.00	4:20.00
3000m	8:50.00	8:59.00	9:30.00
100m Hurdles	13.60	14.20	15.00
400m Hurdles	56.20	58.00	60.50
1500m S/C	4:30.00	4:36.00	4:58.00
4x100m relay	43.60	45.00	46.60
High Jump	1.96	1.90	1.75
Long Jump	6.60	6.40	6.00
Triple Jump	13.70	13.20	12.50
Pole Vault	4.20	3.90	3.75
Shot	14.20	13.20	11.90
Discus	44.00	41.00	34.00
Javelin	54.00	52.00	45.00
Hammer	56.00	50.00	37.00

Intermediate Boys are aged 15 years and under 17 years on 1st September 2015.

This usually means the athletes are in year 10 or year 11.

Senior Boys

Standard →	National	Entry	County
100m	10.90	11.10	11.50
200m	21.90	22.20	23.30
400m	48.80	49.50	52.50
800m	1:52.00	1:54.00	2:02.00
1500m	3:55.00	3:58.00	4:15.00
3000m	8:33.00	8:36.00	9:20.00
110m Hurdles	14.60	15.20	16.20
400m Hurdles	55.00	56.50	59.50
2000m S/C	6:04.00	6:10.00	6:30.00
4x100m relay	43.50	44.50	45.30
High Jump	2.00	1.94	1.83
Long Jump	6.90	6.80	6.25
Triple Jump	14.40	13.90	12.85
Pole Vault	4.50	4.20	4.05
Shot	14.10	13.00	11.50
Discus	46.00	40.00	34.00
Javelin	57.00	56.00	46.00
Hammer	57.00	52.00	39.00

Senior Boys are aged 17 years and under 19 years on 1st September 2015.

This usually means the athletes are in year 12 or year 13.

Please note, this usually precludes athletes who study for a post-16 third year.

Pole Vault standards are subject to ratification

Girls' Standards

Junior Girls

Standard →	National	Entry	County
100m	12.50	12.80	13.30
200m	25.50	26.30	27.60
800m	2:15.00	2:19.00	2:29.00
1500m	4:40.00	4:50.00	5:10.00
75m Hurdles	11.50	11.80	12.80
4x100m Relay	50.50	52.00	53.40
High Jump	1.63	1.57	1.45
Pole Vault	3.05	2.75	2.60
Long Jump	5.20	5.05	4.65
Shot	11.20	16.00	9.25
Discus	30.00	27.00	23.00
Javelin	36.00	33.00	27.50
Hammer	39.00	34.00	30.00

Junior Girls are aged 13 years and under 15 years on 1st September 2015.

This usually means the athletes are in year 8 or year 9.

Year 7 athletes are not permitted to compete in this age group.

Intermediate Girls are aged 15 years and under 17 years on 1st September 2015.

This usually means the athletes are in year 10 or year 11.

Intermediate girls

Standard →	National	Entry	County
100m	12.30	12.60	13.00
200m	25.20	26.00	27.00
300m	40.50	41.40	44.80
800m	2:13.00	2:18.00	2:25.00
1500m	4:39.00	4:45.00	5:04.00
3000m	10:10.00	10:22.00	10:50.00
80m Hurdles	11.70	12.10	13.00
300m Hurdles	45.00	46.80	50.00
1500m S/C	5:25.0	5:15.0	
4x100m Relay	49.20	50.20	52.40
High Jump	1.68	1.62	1.52
Long Jump	5.50	5.25	4.80
Triple Jump	11.20	10.80	10.00
Pole Vault	3.35	3.05	2.90
Shot	12.50	11.00	10.00
Discus	36.00	33.00	27.00
Javelin	40.00	37.00	33.00
Hammer	48.00	41.00	27.00

Senior Girls are aged 17 years and under 19 years on 1st September 2015.

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Please note, this usually precludes athletes who study for a post-16 third year.

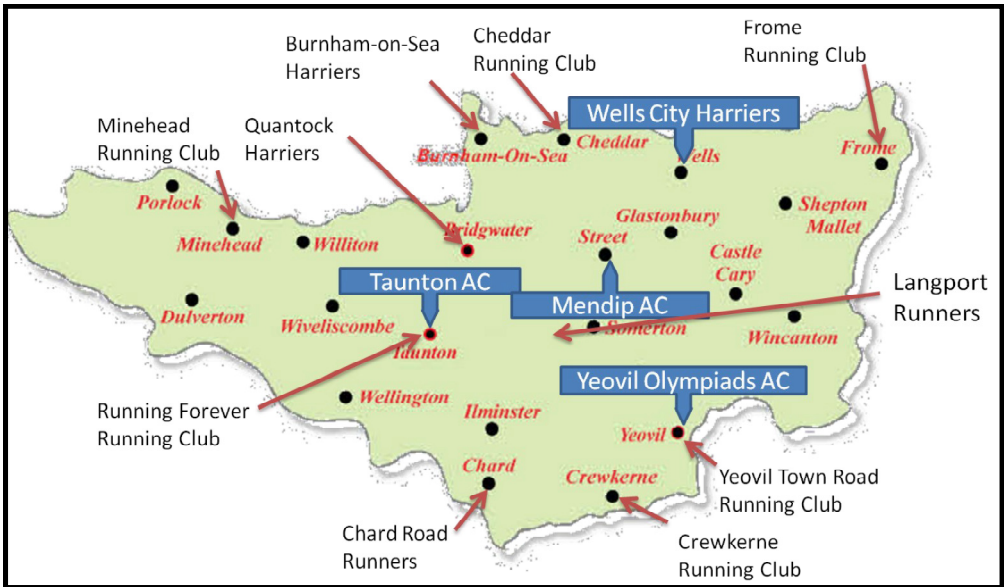
Senior Girls

Standard →	National	Entry	County
100m	12.20	12.50	13.00
200m	25.00	25.80	26.50
400m	57.00	58.80	61.00
800m	2:12.00	2:16.00	2:25.00
1500m	4:36.00	4:44.00	5:00.00
3000m	10:06.00	10:18.00	10:48.00
100m Hurdles	14.60	15.20	16.50
400m Hurdles	64.50	66.00	69.50
1500m S/C	5:12.00	5:20.00	5:45.00
4x100m Relay	49.00	50.00	52.00
High Jump	1.72	1.66	1.55
Pole Vault	3.35	3.05	2.90
Long Jump	5.60	5.40	4.85
Triple Jump	11.40	11.10	9.50
Shot	11.40	10.50	8.85
Discus	39.00	36.00	29.00
Javelin	40.00	37.00	32.00
Hammer	44.00	38.00	31.00

Pole Vault standards are subject to ratification

Somerset County Athletic Association

Is the parent body of the Athletics and Running Clubs within the county.



Schools may enter athletes in SCAA Championships