

Somerset Schools Athletic Association



Handbook

2020

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 stages Coaching Courses and 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

President — Mrs Pat Gillett
Chairman — Mr Steve Ladd
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Officials' Secretaries :

Schools' AA — Mr Brian Baker
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County AA — Mrs Sally Higman
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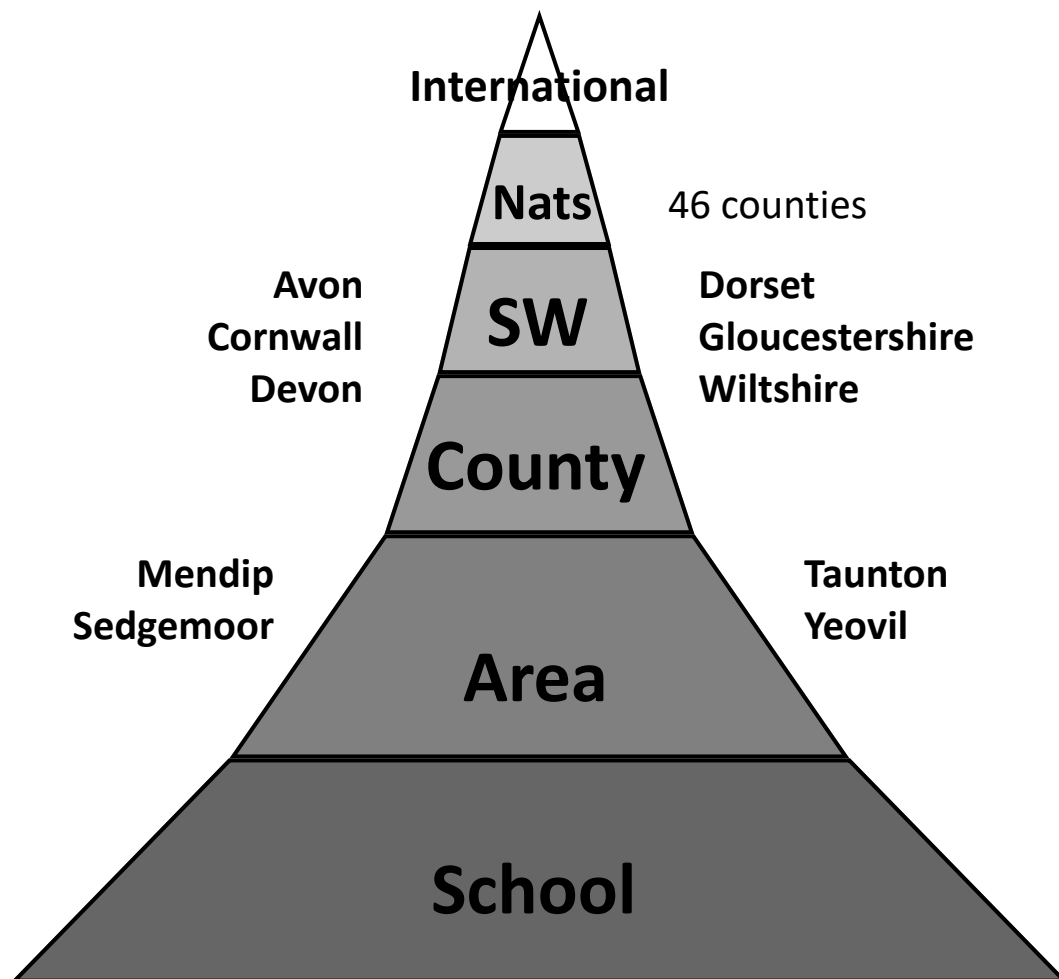
Area Secretaries

Mendip —	Mr Jason Allen allen.j@millfieldschool.com
Sedgemoor —	Mr Steve Ladd sladd1@educ.somerset.gov.uk
Taunton —	Mr Richard Llewellyn-Eaton rllewellyn-eaton@kings-taunton.co.uk
Yeovil —	Mr Stuart Crisp scrisp@bucklersmeadacademy.com

A full list of schools / colleges in each Area can be found on the SSAA website and on pages 12 and 13 of this Handbook.

Somerset Schools' A A Organisation

In 2019 Somerset had two England representatives.



- 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 4 groups: A, B, C and D on the basis of recent performance at the ESAA Track and Field Championships. Somerset, Avon and Devon are in Group B; Dorset, Gloucestershire and Wiltshire are C Group counties; Cornwall is in Group D.
- Although Somerset is the sixth smallest county in the country it has been 'promoted' to the B Group.
- The Schools' International Athletic Board (SIAB) organises the Home International matches which are hosted by the 4 countries in turn.
- In most years Somerset has an athlete in an England team — in many years more than one.

ESAA 'B' Group

Following a 3 year review the County has moved into the ESAA 'B' Group meaning 40 athletes can be entered to the Track and Field Championships. The other 'B' Group Counties are: Avon, Buckinghamshire, Cheshire, Derbyshire, Devon, Lancashire, Leicestershire, Merseyside, North Yorkshire, Nottinghamshire, South Yorkshire, Staffordshire, West Midlands and West Yorkshire.

Coaching

Coaching courses usually take place in February, March and April.

Invited athletes are all who represented the county during the previous year along with highly placed Area and School Representatives in Cross-Country, Track and Field and Combined Events Championships.

Courses run from 9.30 to 2.45 at The Bill Whistlecroft Athletic Arena and are staffed by coaches from across the region.

2020 Coaching Courses will take place on the following Sundays:

1st March, 8th March, 5th April

Track & Field

2 events from:

**Sprints
Endurance
Race Walking
Hurdles
Steeplechase
Long Jump
Triple Jump
High Jump
Pole Vault
Javelin
Discus
Shot
Hammer**

29th March

Combined Events

3 events from

**Sprints
Hurdles
Long Jump
High Jump
Pole Vault
Javelin
Discus
Shot**

Competition is the focal point of our activities but ultimate performance can only be achieved from a solid foundation. The coaching programme provides a valuable addition to the competition activities and has been shown to be an excellent base from which many young athletes gain confidence, thrive and progress.

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 a maximum of 20 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. In addition there is a mixed relay race (two boys and two girls) in the Intermediate age group.

SSAA Junior Cross-Country Championships (for year 7 and year 8 athletes) take place in February, with entries coming direct from schools.

2019 Champions

Junior Championships:

Year 7 Girls	Skye Fisher	Hazlegrove School
Year 7 Boys	Hal Sinfield	Hazlegrove School
Year 8 Girls	Mackenzie O'Dea	Wellington School
Year 8 Boys	Philip Monaghan	Hazlegrove School

SSAA Championships:

Minor Girls	Skye Fisher	Hazlegrove School
Junior Girls	Daisy Pellow	Millfield School
Inter Girls	Holly Bigger	Huish Episcopi Academy
Senior Girls	Elise Thorner	Millfield School
Minor Boys	Cameron Wallace	King's Hall School
Junior Boys	Bradley Glover	Preston School
Inter Boys	Joe Ponter	Bishop Fox's School
Senior Boys	Niall Caley	Millfield School

2019 Success

The 2019 South-West Championships were cancelled due to severe weather.

At ESAA Championships:

Junior Girls:	SW team – 3 rd ; 'C' group team – 3 rd ; National team – 21 st
Intermediate Girls:	SW team – 4 th ; 'C' group team – 7 th ; National team – 27 th
Senior Girls:	SW team – 2 nd ; 'C' group team – 4 th ; National team – 21 st
Junior Boys:	SW team – 5 th ; 'C' group team – 5 th ; National team – 31 st
Intermediate Boys:	SW team – 3 rd ; 'C' group team – 3 rd ; National team – 19 th
Senior Boys:	SW team – 6 th ; 'C' group team – 8 th ; National team – 35 th

Cross-Country Schools' Cup

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

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

2019 Teams progressing to Regional Finals:

Junior Boys	Taunton School	Millfield Preparatory School
Intermediate Boys	King's College	Millfield School
Junior Girls	Millfield Preparatory School	
Intermediate Girls	Millfield School	Wellington School

2019 Teams progressing to the National Final:

Junior Boys	Taunton School - 17 th
Intermediate Boys	King's College - 20 th
Intermediate Girls	Millfield School - 21 st

2020 Cross-Country Venue Locations

King's College, Taunton	TA1 2EY
Aldon Hill, Yeovil	BA22 9TA
King's Park, Bournemouth	BH7 7AF
Sefton Park, Liverpool	L17 1AJ

Track and Field

Area Championships take place in May for Junior, Intermediate 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 'B group' County enters a maximum of 40 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.

Championship Best Performances

It is impossible to list all the county champions in Track and Field; there being in excess of 130! All athletes setting a 2019 CBP are listed as a mark of their achievement.

Junior Championships:

Under-13 Girls	Shot (new event)	8.15	Lizzie Kemmish	Taunton Preparatory School
Under-14 Girls	Discus	28.48	Beau Barrington-Hibbert	Millfield Preparatory School
Under-14 Girls	Javelin	32.30	Savannah Lamb	Holyrood Academy

SSAA Championships:

Junior Girls	300m	42.64	Lucy Fellows	Mendip
Intermediate Girls	300m	40.15	Lucia Gifford-Groves	Mendip
Intermediate Girls	Shot	11.22	Sophie Hamilton	Mendip
Intermediate Boys	Sprint Hurdles	13.26	Jami Schlueter	Mendip
Intermediate Boys	400m Hurdles	56.36	Kester Welch	Taunton
Senior Girls	Shot	12.00	Ashleigh Bailey	Mendip
Senior Boys	Sprint Hurdles	14.09	Jack Turner	Taunton

The Bill Whistlecroft Hurdles Trophy was awarded to Kester Welch for his Intermediate Boys' 400m Hurdles performance.

2019 Success

South-West Schools' AA Champions:

Junior Girls – 1st - 84 points

300m	Lucy Fellows	Millfield School	40.40 (CBP)
High Jump	Lucy Fellows	Millfield School	1m68
Long Jump	Seren Rodgers	The Castle School	5m61

Junior Boys – 2nd - 80 points

Intermediate Girls – 1st - 116 points

300m	Lucia Gifford-Groves	Millfield School	39.92 (CBP)
80m Hurdles	Lydia Smith	Bishop Fox's School	11.48
Long Jump	Lydia Smith	Bishop Fox's School	5m94 (CBP)
Shot	Sophie Hamilton	Millfield School	12m23
Javelin	Millie Quaintance	Millfield School	44m98 (CBP)

Intermediate Boys – 1st - 125 points

100m Hurdles	Jami Schlueter	Millfield School	13.05 (CBP)
400m Hurdles	Kester Welch	Kingsmead School	57.79
1500m Steeplechase	Tom Heal	Kingsmead School	04:28.8
4x100m Relay	Somerset		44.86
Pole Vault	Kurt Gilbert	Kingsmead School	3m80
Long Jump	Jami Schlueter	Millfield School	7m02 (CBP)
Shot	Jadiel Wahab	Millfield School	15m33

Senior Girls – 2nd - 102 points

1500m Steeplechase	Elise Thorner	Millfield School	4:47.96 (CBP)
Pole Vault	Amy Haslam	Millfield School	3m50

Senior Boys – 1st - 119 points

110m Hurdles	Jack Turner	Wellington School	14.37
4x100m Relay	Somerset		44.90
Pole Vault	Jacob Clark	Millfield School	4m50
Javelin	Tom Dollery	Taunton School	54m35

South-West Schools AA Trophies:

Intermediate Boys

Senior Boys

Overall Boys

Junior Girls

Intermediate Girls

Overall Girls

Overall Track Events

Relays

Overall Field Events

Overall Champions

English Schools' AA Champions:

Junior Girls Long Jump	Seren Rodgers	The Castle School	5.41
Senior Girls 1500m Steeplechase	Elise Thorner	Millfield School	4:50.51



English Schools AA Trophies:

Senior Girls Champions

CF Gosling Trophy

Group C Champions

The Tonkin Cup

Track and Field International:

Lucia Gifford-Groves
300 metres
3rd SIAB



2020 Track & Field Venue Locations

Bill Whistlecroft Arena, Yeovil

BA21 3DS

Exeter Arena

EX4 8NT

Manchester Arena

M3 1AR

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

2019 Schools progressing to Regional Finals:

Haygrove School, King's College, King's Hall School, King's School, Kingsmead Academy, Millfield Preparatory School, Millfield School, Taunton School, Wellington School

2019 Teams progressing to the National Final:

Millfield School: Intermediate Girls - 3rd, Intermediate Boys - 9th

Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2020.
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	3.00kg	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

School and Area

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	3 Year Total
M E N D I P	All Hallows School										
	Crispin School	1	3	1	1			2		1	3
	Downside School	3	4	5		3	5	4	3	1	6
	Frome College						1			2	7
	Fairlands Middle School					1					0
	The Kings of Wessex Academy	1				1					0
	Millfield Preparatory Sch	3	5	3	2	2	1	2	3	1	6
	Millfield School	1	24	23	1	5	33	3	4		7
					32	32		42	50	49	141
	Oakfield Academy										0
	Selwood Academy										0
	St Dunstan's School	1	1					1			1
	Strode College	4	2		3	1	6	8	3	1	12
S E D G E M O O R	The Blue School	2	7	6	4	5	5	3	3	1	7
	Wells Cathedral School	6	7	6	5	4	4	1	2	2	5
	Whitstone School	4	4	2					1	1	2
	Total Athletes	50	58	49	50	56	56	68	70	59	197
	% of Overall total	30%	33%	28%	29%	34%	31%	38%	39%	37%	38%
	Number of Representative Schools	11	10	9	8	9	8	10	9	9	11
	Bridgwater College						1				0
	Brymore Academy	5	5	4	1	7	9	5	8	2	15
	Chilton Trinity School	2	2		1		1	2	1	1	4
	Danesfield Middle School	1	2					1			1
	Bridgwater College Academy								2		2
	Haygrove School	3	2	1	2	1	1	1		1	2
	Hugh Sexey C of E Middle School	1		3	4		1	1			1
S E D G E M O O R	The King Alfred School	2	1	2	3	2	2	3	2	2	7
	Mark College			1							0
	Minehead Middle School			2			1	1	1		2
	Robert Blake Science College	1		1				1	1	3	5
	Shapwick School										0
	West Somerset College	8	8	3	3	1	2				0
	Total Athletes	23	20	18	18	11	18	15	15	9	39
	% of Overall total	14%	11%	10%	10%	7%	10%	8%	8%	6%	8%
	Number of Representative Schools	8	6	9	7	4	8	8	6	5	9

County Representatives

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	3 Year Total
T A U N T O N											
Bishop Fox's School	4	1	1	2	3	1	5	5	6	5	16
Court Fields School	2	1	2	2	2		1				0
Heathfield Community School	17	11	9	13	8	10	7	12	13	13	6
King's College	3	2	2	2	1	1	1	3	1	1	38
Kingsmead School	1	2	2	3	2	4	6	3	10	6	5
Queen's College	10	14	14	13	14	12	17	12	7	3	19
Richard Huish College	5	6	6	9	7	6	5	4	3	5	22
Somerset College			3			1	4	3	1		12
Taunton Preparatory School											0
The Taunton Academy											4
Taunton School	4	4	5	9	10	10	6	6	6	14	0
The Castle School	7	6	7	4	2	3	3	5	7	6	26
Wellington School	6	7	4	9	8	10	10	11	7	7	18
Total Athletes	59	55	56	67	58	58	68	65	63	63	25
% of Overall total	35%	31%	32%	39%	35%	35%	38%	37%	35%	40%	191
Number of Representative Schools	10	11	11	11	11	10	12	11	11	10	37%
Y E O V I L											
Ansford Academy	3	1	4	2	2	2	1	3	4	2	9
Bruton School for Girls	3	1	2	1	1	1	1	1			1
Buckler's Mead Academy	5	4	4	1	4	4	8	6	8	3	17
Holyrood Academy	1	1	3	1	1	1	3	1		4	5
Huish Episcopi Academy	1	4	2	7	6	5	5	4	4	5	13
King Arthur's School	1	1	1								0
King's School	3	6	3	5	4	10	7	7	9	7	23
Maiden Beech Academy					1	2					0
Perrott Hill School											0
The Park School	1	2	1	2	2	2	2	1	1	1	3
Preston School	2	3	3	3	5	3	3	3	3	2	8
Sexey's School	7	4	4	3	7	4	2	1		2	3
Stanchester Academy	3	4	5	5	5	2			1	2	3
Swanmead Middle School											0
Wadham School	1	1	1	1	1				1		1
Westfield Academy	2	5	6	2	1	1		1			1
Yeovil College	3	8	9	4	2	2	3	2	1		3
Total Athletes	36	45	52	38	43	39	36	30	33	28	91
% of Overall total	21%	25%	30%	22%	26%	24%	20%	17%	18%	18%	18%
Number of Representative Schools	14	14	16	14	15	13	11	11	10	9	14
Overall Athlete Total	168	178	175	173	165	164	178	178	181	159	518
Overall School Total	43	41	45	40	41	36	39	40	36	33	45

Combined Events

The Somerset 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 9 athletes in each age group who have not already qualified by right.

The ESAA Championships are held on the third weekend of September.

2019 Champions

(weather affected championships)

Under -13 Boys' Quadrathlon	Event cancelled		
Junior Boys' Pentathlon	Event cancelled		
Intermediate Boys' Octathlon	Event incomplete		
Senior Boys Decathlon	Event incomplete		
Under -13 Girls' Quadrathlon	Ella Stadden	Huish Episcopi Academy	739 pts
Junior Girls' Pentathlon	Lucy Fellows	Millfield School	3161 pts (CBP)
Intermediate Girls' Heptathlon	Event incomplete		
Senior Girls' Heptathlon	Event incomplete		

2019 Success

South-West Regional Champions:

Jami Schlueter	Intermediate Boys' Octathlon Champion	5317 pts
Lucy Fellows	Junior Girls' Pentathlon Champion	3188 pts
Intermediate Boys' Team	South-West Champions	14149 pts (CBP)
Junior Girls' Team	South-West Champions	8880 pts
Senior Girls' Team	South-West Champions	12474 pts

English Schools' AA Champions + Combined Events International



Senior Girls'
Heptathlon
Champions
11515 pts

Seren Rodgers
3rd Junior Girls



Girls' Events

Minor Quadrathlon	Junior Pentathlon	Intermediate Heptathlon	Senior Heptathlon
100 metres	75m Hurdles	80m Hurdles	100m Hurdles
Shot	Shot	High Jump	High Jump
Long Jump	High Jump	Shot	Shot
800 metres	Long Jump	200 metres	200 metres
	800 metres	Long Jump	Long Jump
		Javelin	Javelin
		800 metres	800 metres
National Standard			
-	3100 pts	4700 pts	4350 pts

Boys' Events

Minor Quadrathlon	Junior Pentathlon	Intermediate Octathlon	Senior Decathlon
100 metres	80m Hurdles	Long Jump	100 metres
Shot	Shot	Discus	Long Jump
Long Jump	Long Jump	Javelin	Shot
800 metres	High Jump	400 metres	High Jump
	800 metres	100m Hurdles	400 metres
		High Jump	110m Hurdles
		Shot	Discus
		1500 metres	Pole Vault
			Javelin
			1500 metres
National Standard			
-	2800 pts	4800 pts	6000 pts

Race Walking

In the early days of ESAA Race Walking the Championships were contested on the road; in 1991 the Race Walking Championships became a track event taking place during the ESAA Combined Events Championships.

In Somerset, the inspiration was Alf Middleton and the event was taken up enthusiastically by Brymore School. Somerset Schools' AA has County Champions recorded from 1992 and since that time we have offered events at 3000m for the JB, JG and IG age groups and 5000m for the IB, SB, SG, SM and SW age groups within our Somerset Combined Events Championships. In recent years, a 1000m Race Walk has been offered to the U-13 age groups.

In most years we have selected 4 or 5 athletes to represent Somerset at the South-West Regional Combined Events and Race Walking Championships; those with appropriate times progressing to the ESAA Race Walking Championships in September – usually 2 or 3 athletes.

2019 Champions

Junior Girls' 3000m Race Walk	Abby Hughes	King's College	17:02.05 (CBP)
Under-13 Boys' 1000m Race Walk	Toby Wright	Taunton AC	7:25.56
Junior Boys' 3000m Race Walk	Joe Stephenson	Brymore Academy	20:40.88

2019 Success

South-West Regional Champions:

Abby Hughes	Junior Girls' 3000m Race Walk	16:35.69
Toby Wright	Under-13 Boys' 1000m Race Walk	6:24.93
Joe Stephenson	Junior Boys' 3000m Race Walk	17:18.48

National Standards

Junior Girls	3000m	16:30.00
Intermediate Girls	3000m	16:00.00
Senior Girls	5000m	27:30.00
Junior Boys	3000m	15:30.00
Intermediate Boys	5000m	26:00.00
Senior Boys	5000m	25:00.00

2020 Combined Events & Race Walk Venue Locations:

Millfield School, Street	BA16 0YD
Bill Whistlecroft Arena, Yeovil	BA21 3DS
Bedford International Stadium	MK41 9SB

Ultimate Trophy

Since 2010, at the end of each season we have awarded an 'Ultimate Trophy' to those multi-talented athletes who have represented the County in all three disciplines of the sport: Cross-Country, Track & Field and Combined Events.

Recipients have been:



2010 Katy Rushmer Millfield School
Harry Hall West Somerset College
Matt Cole Westfield School

2011 Katy Rushmer Millfield School
Amy Cooper Millfield School
Luke Reynolds Haygrove School



2012 Matt Cole Westfield School
2015 Ollie Thorner Millfield School
Elise Thorner Millfield School
2016 Elise Thorner Millfield School
2017 Elise Thorner Millfield School

2018

Cerys Lee Taunton School
Lucy Chalmers Millfield School
Elise Thorner Millfield School



2019

Lucy Chalmers Millfield School



Before the inception of an official trophy the following athletes also achieved this distinction:

2006 Charlie Maclean Wadham School
2008 Harry Hudson King's College
Cameron Rafferty Huish Episcopi School
2009 Emily Smith Wells Cathedral School
Harry Hall West Somerset College

Kit

The Association kit, as submitted to the ESAA, is:

“black shorts, red vest with white trim and black side panel and County crest”

Required Kit

All athletes who represent the Somerset Schools AA will require:

- ✓ A red SSAA vest

In addition:

- For Cross-Country representatives at the ESAA Championships
 - ✓ A red/black SSAA wet-top
- For Track & Field and Combined Events representatives at the ESAA Championships
 - ✓ A red/black SSAA tracksuit
- Athletes must provide their own BLACK shorts.

A vest may be borrowed for South-West competitions.

Optional Kit

Any athlete who represents the Somerset Schools AA may also purchase:

- the SSAA baseball cap
- the SSAA beanie hat
- the SSAA hoodie (for Cross-Country representatives only)
- the SSAA large kit bag
- the SSAA tie

Any athlete who competes in any SSAA Championships or attends the SSAA Coaching Courses may purchase:

- the SSAA baseball cap
- the SSAA beanie hat

Standards

Junior Girls				
	National	Entry	County	Area
100 metres	12.4s	12.7s	13.2s	13.5s
200 metres	25.5s	26.2s	27.2s	28.0s
300 metres	41.0s	42.0s	44.2s	46.0s
800 metres	2m 15s	2m 18s	2m 26s	2m 33s
1500 metres	4m 40s	4m 48s	5m 03s	5m 20s
75m Hurdles	11.4s	11.7s	12.5s	13.5s
Relay	50.0s	52.0s	54.0s	55.4s
High Jump	1.65m	1.59m	1.44m	1.40m
Pole Vault	3.00m	2.70m	2.00m	1.80m
Long Jump	5.30m	5.20m	4.70m	4.40m
Shot	11.20m	10.60m	9.00m	8.00m
Discus	30.00m	27.00m	22.00m	19.00m
Javelin	36.00m	34.00m	28.00m	23.00m
Hammer	43.00m	37.00m	25.00m	21.00m

Junior Girls are aged 13 years and under 15 years on 1st September 2020.

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

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

County Standard = a “good” performance in a County Championship.

Athletes entered for the County Championships should have attained the Area Standard.

Junior Boys				
	National	Entry	County	Area
100 metres	11.4s	11.6s	12.2s	12.5s
200 metres	23.2s	23.8s	24.8s	25.6s
300 metres	36.8s	38.0s	40.0s	42.0s
800 metres	2m 02s	2m 05s	2m 13s	2m 20s
1500 metres	4m 13s	4m 20s	4m 36s	4m 50s
80m Hurdles	11.6s	12.0s	12.8s	13.8s
Relay	45.6s	47.5s	49.5s	51.2s
High Jump	1.78m	1.72m	1.60m	1.50m
Pole Vault	3.30m	3.00m	2.30m	2.10m
Long Jump	5.95m	5.80m	5.30m	5.00m
Triple Jump	12.40m	12.00m	11.00m	10.00m
Shot	13.30m	12.30m	10.50m	9.50m
Discus	38.00m	35.00m	28.00m	24.00m
Javelin	47.00m	44.00m	35.00m	30.00m
Hammer	45.00m	38.00m	27.00m	24.00m

Standards are correct at the time of printing; there could be very slight amendments prior to the Track &Field season.

Standards

Intermediate Girls				
	National	Entry	County	Area
100 metres	12.2s	12.5s	13.0s	13.4s
200 metres	25.1s	25.8s	26.8s	27.5s
300 metres	40.2s	41.2s	43.5s	45.5s
800 metres	2m 13s	2m 16s	2m 25s	2m 32s
1500 metres	4m 39s	4m 45s	5m 00s	5m 15s
3000 metres	10m 10s	10m 20s	11m 10s	12m 00s
80m Hurdles	11.6s	12.0s	13.0s	14.0s
300m Hurdles	45.0s	46.4s	51.0s	54.0s
1500m Steeplechase	5m 13s	5m 23s	5m 50s	6m 15s
Relay	48.2s	50.2s	52.5s	54.2s
High Jump	1.71m	1.65m	1.50m	1.45m
Pole Vault	3.40m	3.10m	2.20m	1.90m
Long Jump	5.55m	5.40m	4.90m	4.60m
Triple Jump	11.30m	10.90m	10.00m	9.00m
Shot	12.70m	11.60m	10.00m	8.70m
Discus	37.00m	33.00m	26.00m	21.00m
Javelin	41.00m	38.00m	30.00m	25.00m
Hammer	53.00m	48.00m	34.00m	23.00m

Intermediates are aged 15 years and under 17 years on 1st September 2020.

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

County Standard = a “good” performance in a County Championship.

Athletes entered for the County Championships should have attained the Area Standard.

Intermediate Boys				
	National	Entry	County	Area
100 metres	11.0s	11.2s	11.7s	12.0s
200 metres	22.2s	22.7s	23.7s	24.4s
400 metres	49.7s	51.1s	53.5s	55.5s
800 metres	1m 55s	1m 57s	2m 05s	2m 10s
1500 metres	4m 03s	4m 06s	4m 20s	4m 30s
3000 metres	8m 50s	8m 56s	9m 35s	10m 00s
100m Hurdles	13.5s	14.0s	15.2s	16.0s
400m Hurdles	56.5s	58.7s	64.0s	68.0s
1500m Steeplechase	4m 32s	4m 40s	5m 05s	5m 20s
Relay	43.6s	45.0s	47.0s	48.0s
High Jump	1.94m	1.88m	1.70m	1.60m
Pole Vault	4.20m	3.90m	2.80m	2.20m
Long Jump	6.80m	6.40m	5.80m	5.50m
Triple Jump	13.70m	13.20m	12.00m	11.00m
Shot	14.20m	13.20m	11.00m	10.00m
Discus	44.00m	41.00m	33.00m	26.00m
Javelin	54.00m	52.00m	40.00m	33.00m
Hammer	56.00m	49.00m	30.00m	24.00m

Standards

Senior Girls				
	National	Entry	County	Area
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.1s	25.7s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
800 metres	2m 12s	2m 16s	2m 25s	2m 32s
1500 metres	4m 36s	4m 42s	5m 00s	5m 15s
3000 metres	10m 06s	10m 16s	11m 10s	12m 00s
100m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	64.0s	65.5s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
Relay	49.0s	50.0s	52.5s	54.0s
High Jump	1.72m	1.66m	1.51m	1.45m
Pole Vault	3.50m	3.20m	2.20m	1.90m
Long Jump	5.60m	5.40m	4.90m	4.60m
Triple Jump	11.40m	11.10m	10.00m	9.00m
Shot	11.40m	10.50m	9.00m	7.50m
Discus	39.00m	36.00m	26.00m	21.00m
Javelin	40.00m	37.00m	28.00m	23.00m
Hammer	47.00m	43.00m	30.00m	22.00m

Senior are aged 17 years and under 19 years on 1st September 2020.

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

County Standard = a “good” performance in a County Championship.

Athletes entered for the County Championships should have attained the Area Standard.

Senior Boys				
	National	Entry	County	Area
100 metres	10.8s	11.0s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.7s	53.0s	55.5s
800 metres	1m 52s	1m 54s	2m 02s	2m 10s
1500 metres	3m 55s	3m 58s	4m 15s	4m 30s
3000 metres	8m 33s	8m 36s	9m 20s	10m 00s
110m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	55.0s	57.5s	64.0s	68.0s
2000m Steeplechase	6m 08s	6m 18s	6m 50s	7m 15s
Relay	43.5s	44.5s	46.5s	47.2s
High Jump	2.01m	1.95m	1.71m	1.60m
Pole Vault	4.50m	4.20m	2.80m	2.20m
Long Jump	6.80m	6.70m	5.80m	5.50m
Triple Jump	14.20m	13.50m	12.00m	11.00m
Shot	13.70m	12.80m	10.50m	9.50m
Discus	46.00m	40.00m	30.00m	24.00m
Javelin	56.00m	52.00m	38.00m	32.00m
Hammer	58.00m	50.00m	28.00m	22.00m

Diary of Events

Cross-Country:

Area Championships -	Mendip:	Wednesday 8 th January
	Sedgemoor:	Wednesday 11 th December
	Taunton:	Wednesday 11 th December
	Yeovil:	Friday 29 th November

SSAA Junior Championships:	Monday 10 th February	King's College, Taunton
SSAA Championships:	Saturday 18 th January	Aldon Hill, Yeovil
SWSAA Championships:	Saturday 8 th February	King's Park, Bournemouth
ESAA Championships:	Saturday 14 th March	Sefton Park, Liverpool

Track & Field:

Area Championships -	Mendip:	Saturday 2 nd May
	Sedgemoor:	Wednesday 6 th May
	Taunton:	Wednesday 6 th May
	Yeovil:	Wednesday 20 th May
SSAA Junior Championships:	Friday 5 th June	Bill Whistlecroft Arena
SSAA Championships:	Saturday 13 th June	Bill Whistlecroft Arena
SWSAA Championships:	Saturday 20 th June	Exeter Arena
ESAA Championships:	Friday 10 th July Saturday 11 th July	Manchester Arena

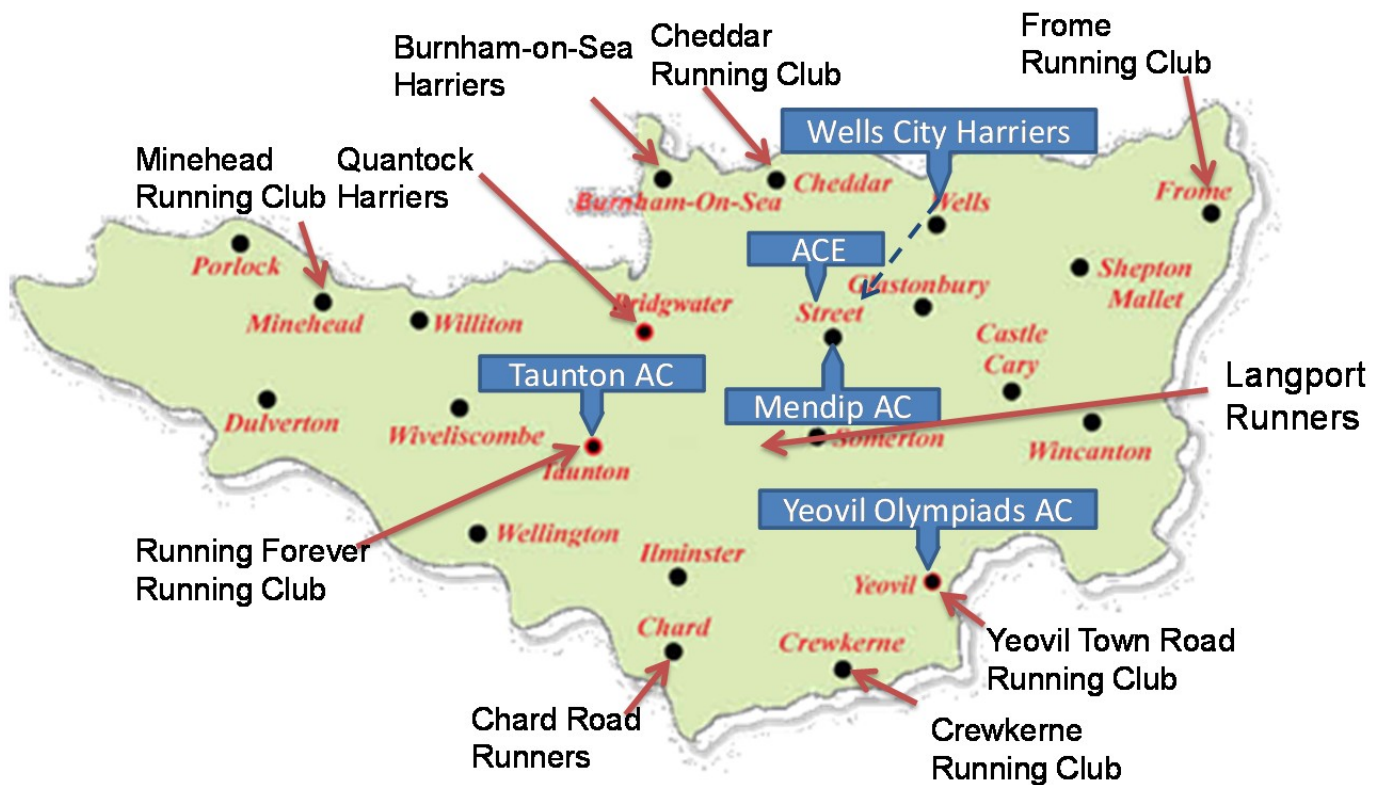
Combined Events:

SSAA Championships:	Saturday 25 th April Sunday 26 th April	Millfield School
SWSAA Championships:	Saturday 27 th June Sunday 28 th June	Bill Whistlecroft Arena
ESAA Championships:	Saturday 19 th September Sunday 20 th September	Bedford International Stadium

www.somersetschoolsathletics.org.uk

Somerset County Athletic Association

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



Schools may enter athletes in SCAA Championships

www.somerset-athletics.co.uk

SCAA Secretary — Dave Cooke

Email: davidcooke101@talktalk.net

Athletic Club details:

Academy of Combined Events

www.aceathletics.co.uk

Mendip AC

www.mendipac.org.uk

Taunton AC

www.tauntonac.org

Wells City Harriers

www.wellscityharriers.co.uk

Yeovil Olympiads AC

www.yeovilolympiads.com