

Somerset Schools Athletic Association



Handbook 2019

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

President — Mrs Pat Gillett
Chairman — Mrs Jo Pike
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Secretary — Mr Brian Baker
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Officials' Secretaries :

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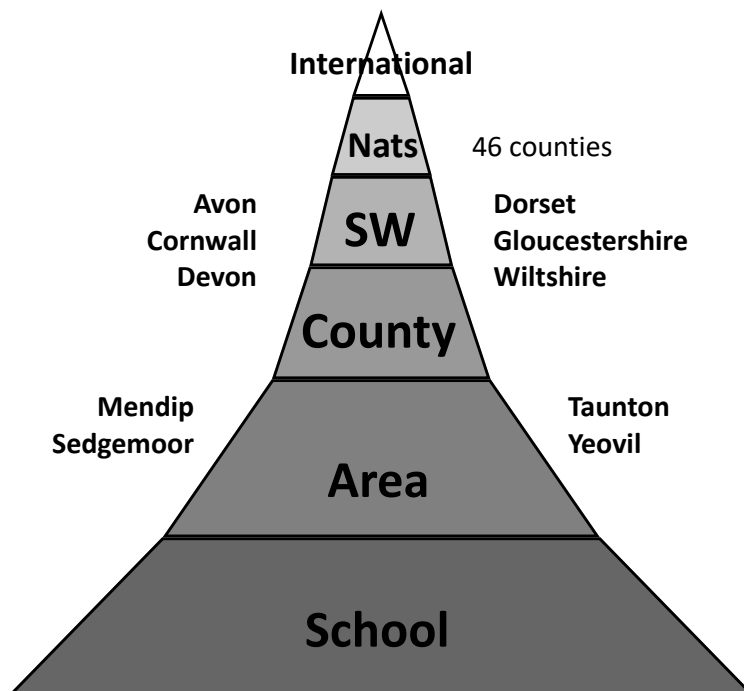
Area Secretaries

Mendip — Mr Jason Allen
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Sedgemoor — Mr Steve Ladd
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Taunton — Mr Richard Llewellyn-Eaton
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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 2018 Somerset had nine 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, Dorset, Gloucestershire and Wiltshire are C Group counties; Cornwall is in Group D and Avon and Devon are in Group B.
- Somerset is the sixth smallest county in the country.
- 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.

Coaching

Coaching courses 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.

2019 Coaching Courses will take place on:

Sunday 24th February

Sunday 10th March

Sunday 31st March

Sunday 7th April

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.

Venue Locations

Cross-Country:

King's College, Taunton	TA1 2EY
Aldon Hill, Yeovil	BA22 9TA
The Bath Racecourse	BA1 9BU
Temple Newsam, Leeds	LS15 0AE

Track & Field:

Bill Whistlecroft Arena, Yeovil	BA21 3DS
Exeter Arena	EX4 8NT
Alexander Stadium, Birmingham	B42 2LR

Combined Events:

Millfield School, Street	BA16 0YD
Exeter Arena	EX4 8NT

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.

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.

2018 Champions

Junior Championships:

Year 7 Girls	Lucy Shenton	Hazlegrove School
Year 7 Boys	Philip Monaghan	Hazlegrove School
Year 8 Girls	Alice de Pelet	Hazlegrove School
Year 8 Boys	Jake Fisher	Hazlegrove School

SSAA Championships:

Minor Girls	Mackenzie O'Dea	Wellington School
Junior Girls	Lucy Chalmers	Millfield School
Inter Girls	Amelia Wills	Millfield School
Senior Girls	Cecily Turner	Millfield School
Minor Boys	Jack Amor	Millfield Preparatory School
Junior Boys	Tom Heal	Kingsmead School
Inter Boys	Matt Howard	Wells Cathedral School
Senior Boys	Sam Edwards	Wellington School

2018 Success

South-West Inter Girls' Champion	Amelia Wills
South-West Junior Boys' Champion	Tom Heal

At ESAA Championships:

Junior Girls: SW team – 5th; 'C' group team – 6th; National team – 24th

Intermediate Girls: SW team – 3rd; 'C' group team – 5th; National team – 28th

Senior Girls: SW team – 4th; 'C' group team – 5th; National team – 27th

Junior Boys: SW team – 2nd; 'C' group team – 6th; National team – 22nd

Intermediate Boys: SW team – 2nd; 'C' group team – 1st; National team – 12th

Senior Boys: SW team – 4th; 'C' group team – 2nd; National team – 18th

Cross-Country Internationals:

Emma Radford-James	Joe Ponter	Tom Heal	Jo Pike
England	SIAB Champion	SIAB 14th	England
Team Manager	Junior Boys	Junior Boys	Team Manager



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

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 'C group' County enters a maximum of 32 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 2018 CBP are listed as a mark of their achievement.

Junior Championships:

U13 Girls	200 m	27.53	Oliwia Cwieniczek	Stanchester Academy
U14 Girls	300 m	46.54	Jasmine Caley	Millfield Preparatory School

SSAA Championships:

Junior Girls	300m	46.39e	Lily Ingvaldson	Yeovil
Junior Girls	High Jump	1.64	Amirah Weightman	Mendip
Junior Girls	Pole Vault	2.20	Charlotte Taylor	Mendip
Junior Girls	Long Jump	5.51	Lydia Smith	Taunton
Intermediate Girls	100m	12.27e	Abi Peake	Mendip
Intermediate Girls	Sprint Hurdle	11.14e	Marcia Sey	Mendip
Intermediate Girls	300m Hurdles	45.08e	Holly-Mae McKenna	Taunton
Intermediate Girls	Steeple Chase	5:10.06e	Amelia Wills	Mendip
Intermediate Girls	High Jump	1.72	Maya Jones	Taunton
Intermediate Girls	Shot	10.93	Maya Jones	Taunton
Senior Girls	Steeple Chase	4:55.51e	Elise Thorner	Mendip
Senior Girls	High Jump	1.72 (=)	Anna Brophy	Mendip
Senior Boys	200m	21.68e	Matthew Alvarez	Taunton

The Bill Whistlecroft Hurdles Trophy was awarded to Marcia Sey for her Intermediate Girls' 80m Hurdles performance.

2018 Success

South-West Schools' AA Champions:

Junior Girls – 1st

800m	Lucy Chalmers	(Millfield School)	02:20.6
Long Jump	Lydia Smith	(Bishop Fox's School)	5m87 (CBP)
Discus	Sophie Hamilton	(Millfield School)	29m34

Junior Boys – 1st

100m	Felix Hamilton-Marino	(Millfield School)	11.41
200m	Felix Hamilton-Marino	(Millfield School)	23.49
300m	Harry Barton	(Millfield School)	38.02
1500m	Tom Heal	(Kingsmead School)	04:25.3
4x100m Relay	Somerset		46.24
Long Jump	Oliver D'Rozario	(Wellington School)	6m27
Triple Jump	Oliver D'Rozario	(Wellington School)	12m83
Shot	Jadiel Wahab	(Millfield School)	13m60
Javelin	Callum Hendy	(The Castle School)	42m27

Intermediate Girls – 1st

300m	Lucy Stennett	(Bishop Fox's School)	41.32
1500m Steeplechase	Amelia Wills	(Millfield School)	4:59.94 (CBP)
Triple Jump	Ellie Carrow	(King's College)	10m87
Javelin	Millie Quaintance	(Millfield School)	41m46

Intermediate Boys – 1st

400m	George Tester	(Taunton School)	52.25
3000m	Matthew Howard	(Wells Cathedral School)	09:05.7
100m Hurdles	Jami Schlueter	(Millfield School)	13.64
4x100m Relay	Somerset		44.93
Long Jump	Jami Schlueter	(Millfield School)	6m86 (CBP)

Senior Girls – 1st

200m	Jasmine Watson	(Wells Cathedral School)	25.07
400m	Robyn Watson	(Millfield School)	57.63
800m	Cecily Turner	(Millfield School)	02:15.8
Long Jump	Cerys Lee	(Taunton School)	5m62
Javelin	Emily Dibble	(Millfield School)	43m93

Senior Boys – 1st

100m	Matthew Alvarez	(Taunton School)	10.72
200m	Matthew Alvarez	(Taunton School)	21.40 (CBP)
400m	Marcus Sychta	(Millfield School)	50.48
800m	Sam Edwards	(Wellington School)	01:56.3
400m Hurdles	Cliff Schwabauer	(Millfield School)	57.38
4x100m Relay	Somerset		44.23
High Jump	Jack Turner	(Wellington School)	2m04
Shot	Rotuk Rahedi	(Millfield School)	14m01

South-West Schools AA Trophies:

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

Overall Champions

English Schools' AA Champions:

Intermediate Girls 80m Hurdles	Marcia Sey	11.12	Millfield School
Intermediate Girls 1500m Steeplechase	Amelia Wills	5:00.73	Millfield School
Intermediate Boys Long Jump	Jami Schlueter	7.03	Millfield School

English Schools AA Trophies:

Intermediate Girls Champions	Buckingham Trophy
Senior Girls Champions	CF Gosling Trophy
Group C Champions	The Tonkin Cup

Track and Field Internationals:



Marcia Sey
80m Hurdles
SIAB Second



Tom Dollery
Javelin
SIAB Third



Jamie Schlueter
Long Jump
SIAB Second



Millie Wills
1500m Steeplechase
SIAB Champion

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

Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2019.
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

	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	3 Year Total
M E N D I P	All Hallows School										
	Crispin School	1	1	3	1	1	3		2		2
	Downside School	1	3	4	5		3	5	2	3	5
	Fairlands Middle School										
	Frome College	2	1				1	1			1
	The Kings of Wessex Academy	5	3	5	3	2	2	1	2	3	6
	Millfield Preparatory Sch	1	1		2	1	5	1	3	4	8
	Millfield School	31	24	24	23	28	32	33	42	50	125
	Oakfield Academy										0
	Selwood Academy	2	1	1					1		0
	St Dunstan's School	2	4	2		3	2	1	8	3	17
	Strode College	3	2	7	6	4	3	5	3	3	11
	The Blue School	3	6	7	6	5	6	4	1	2	7
	Wells Cathedral School	4	4	4	2					1	1
	Whitstone School	55	50	58	49	50	52	56	68	70	194
	Total Athletes	31%	30%	33%	28%	29%	32%	34%	38%	39%	36%
	% of Overall total										
	Number of Representative Schools	11	11	10	9	8	8	8	10	9	12
S E D G E M O O R	Bridgwater College										
	Brymore Academy	1	5	5	1	4	2	7	5	8	1
	Chilton Trinity School	6	2	2		1		1	2	1	22
	Danesfield Middle School										
	Danesfield Middle School	2	1	2					1		4
	Bridgwater College Academy										1
	Haygrove School	2	3	2	1	2	1	1	1	2	2
	Hugh Sexey C of E Middle School	1	1		3	4	2	1	1		2
	The King Alfred School	1	2	1	2	3	2	2	3	2	7
	Mark College	1			1						0
	Minehead Middle School										
	Minehead Middle School				2	1		1	1	1	3
	Robert Blake Science College		1		1				1		2
	Shapwick School										0
	West Somerset Comm. College	6	8	8	3	3					2
	Total Athletes	22	23	20	18	18	12	11	15	15	48
	% of Overall total	12%	14%	11%	10%	10%	7%	7%	8%	8%	9%
	Number of Representative Schools	9	8	6	9	7	7	4	8	6	11

County Representatives

	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	3 Year Total
T A U N T O N											
Bishop Fox's School	1		1	1	2	3	1	5	5	6	16
Court Fields School		4	1	2	2	2		1			1
Heathfield Community School		2	1	3	1	1		3	1	2	6
King's College	12	17	11	9	13	8	10	7	12	13	32
King's Hall School	1	3	2	2	2	1	1	1	3	1	5
Kingsmead School	1	1	2		3	2	4	6	3	10	19
Queen's College	15	10	14	14	13	14	12	17	12	7	36
Richard Huish College	6	5	6	6	9	7	6	5	4	3	12
Somerset College	1										0
Taunton Preparatory School	2			3			1	4	3	1	8
The Taunton Academy											0
Taunton School	5	4	4	5	9	10	10	6	6	6	18
The Castle School	5	7	6	7	4	2	3	3	5	7	15
Wellington School	10	6	7	4	9	8	10	10	11	7	28
Total Athletes	59	59	55	56	67	58	58	68	65	63	196
% of Overall total	33%	35%	31%	32%	39%	35%	35%	38%	37%	35%	36%
Number of Representative Schools	11	10	11	11	11	11	10	12	11	11	12
Y E O V I L											
Ansford Academy	1		1	4	2	2	2	1	3	4	8
Bruton School for Girls	4	3		2	1	1		1	1		2
Buckler's Mead Academy	4	3	1	1		1	1	1		1	2
Hazlegrove School		5	4	4	1	4	4	8	6	8	22
Holyrood Academy	1	1	1	3	1	1	1	3	1		4
Huish Episcopi Academy	4	1	4	2	7	6	5	5	4	4	13
King Arthur's School	2	1	1	1							0
King's School	5	3	6	3	5	4	10	7	7	9	23
Maiden Beech Academy						1	2				0
Perrott Hill School											0
The Park School		1	2	1	2	2	2	2	1	1	4
Preston School	1	2	3	3	3	5	3	3	3	3	9
Sexey's School	5	7	4	4	3	7	4	2	1		3
Stanchester Academy	5	3	4	5	5	5	2			1	1
Swanmead Middle School											0
Wadham School	1	1	1	1	1	1				1	1
Westfield Academy	3	2	5	6	2	1	1		1		1
Yeovil College	7	3	8	9	4	2	2	3	2	1	6
Total Athletes	43	36	45	52	38	43	39	36	30	33	99
% of Overall total	24%	21%	25%	30%	22%	26%	24%	20%	17%	18%	18%
Number of Representative Schools	13	14	14	16	14	15	13	11	11	10	14
Overall Athlete Total	179	168	178	175	173	165	164	178	178	181	537
Overall School Total	44	43	41	45	40	41	36	39	40	36	49

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.

Race Walking Championships for Minors (not at ESAA Championships), Juniors, Intermediates and Seniors are also held at all Combined Events Championships.

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

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

2018 Champions

Under -13 Boys' Quadrathlon	Jack Amor	Millfield Prep School
Junior Boys' Pentathlon	Oliver D'Rozario	Wellington School
Intermediate Boys' Octathlon	Jami Schlueter	Millfield School
Senior Boys' U-18 Decathlon	Jack Turner	Wellington School
Senior Boys Decathlon	Toby Sauter	Richard Huish College
Under -13 Girls' Quadrathlon	Grace Fielder	King's Hall School
Junior Girls' Pentathlon	Lucy Chalmers	Millfield School
Intermediate Girls' Heptathlon	Holly-Mae McKenna	Bishop Fox's School
Senior Girls' Heptathlon	Cerys Lee	Taunton School
Under-13 Boys' 1000m Race Walk	Toby Wright	Taunton AC
Junior Boys' 3000m Race Walk	Will Hatch	Brymore Academy
Intermediate Boys' 5000m Race Walk	Rhys Thomas	Brymore Academy

2018 Success

South-West Regional Champions:

Oliver D'Rozario	Junior Boys' Pentathlon Champion
Jami Schlueter	Intermediate Boys' Octathlon Champion
Junior Boys' Team	South-West Champions
Intermediate Girls' Team	South-West Champions
Senior Girls' Team	South-West Champions
Anna Rose	Junior Girls' 3000m Race Walk
Will Hatch	Junior Boys' 3000m Race Walk
Rhys Thomas	Intermediate Boys' 5000m Race Walk

English Schools' AA Champions:



Senior Boys' Decathlon
Jack Turner
Wellington School



Senior Girls' Heptathlon
Champions



Senior Boys' Decathlon
Champions



Combined Events Internationals:



Oliver D'Rozario
4th Junior Boys



Lucy Chalmers
6th Junior Girls



Jami Schlueter
3rd Inter Boys

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 School
	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



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 School

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 19s	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	
High Jump	1.64m	1.59m	1.45m	1.40m
Pole Vault	3.05m	2.70m	2.00m	1.80m
Long Jump	5.20m	5.15m	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	44.00m	36.00m	25.00m	21.00m

Junior Girls are aged 13 years and under 15 years on 1st September 2019.

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	11.7s	12.2s	12.5s
200 metres	23.3s	23.8s	24.8s	25.6s
300 metres	36.8s	37.8s	40.0s	42.0s
800 metres	2m 02s	2m 04s	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	
High Jump	1.78m	1.72m	1.60m	1.50m
Pole Vault	3.35m	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

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	40.1s	41.0s	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	13.8s
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	
High Jump	1.69m	1.64m	1.50m	1.45m
Pole Vault	3.40m	3.10m	2.20m	1.90m
Long Jump	5.50m	5.35m	4.90m	4.60m
Triple Jump	11.20m	10.90m	10.00m	9.00m
Shot	12.80m	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 2019.

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	49.5s	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	56.2s	58.5s	64.0s	68.0s
1500m Steeplechase	4m 30s	4m 40s	5m 05s	5m 20s
Relay	43.6s	45.0s	47.0s	
High Jump	1.98m	1.90m	1.70m	1.60m
Pole Vault	4.20m	3.90m	2.80m	2.20m
Long Jump	6.60m	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	50.00m	30.00m	24.00m

Standards

Senior Girls				
	National	Entry	County	Area
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.0s	25.8s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
800 metres	2m 12s	2m 15s	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	15.2s	17.5s	18.5s
400m Hurdles	64.0s	66.0s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
Relay	49.0s	50.0s	52.5s	
High Jump	1.72m	1.66m	1.50m	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 2019.

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	10.9s	11.0s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.5s	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	57.2s	64.0s	68.0s
2000m Steeplechase	6m 04s	6m 16s	6m 50s	7m 15s
Relay	43.5s	44.5s	46.5s	
High Jump	2.01m	1.95m	1.70m	1.60m
Pole Vault	4.50m	4.20m	2.80m	2.20m
Long Jump	6.90m	6.70m	5.80m	5.50m
Triple Jump	14.40m	13.70m	12.00m	11.00m
Shot	14.00m	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	52.00m	28.00m	22.00m

Diary of Events

Cross-Country:

Area Championships -

Mendip:

Wednesday 9th January

Sedgemoor:

Wednesday 12th December

Taunton:

Wednesday 12th December

Yeovil:

Friday 30th November

SSAA Junior Championships: Monday 11th February

King's College, Taunton

SSAA Championships:

Saturday 19th January

Aldon Hill, Yeovil

SWSAA Championships:

Saturday 2nd February

The Bath Racecourse

ESAA Championships:

Saturday 16th March

Temple Newsam, Leeds

Track & Field:

Area Championships -

Mendip:

Saturday 4th May

Sedgemoor:

Wednesday 8th May

Taunton:

Wednesday 8th May

Yeovil:

Wednesday 22nd May

SSAA Junior Championships: Wednesday 6th June

Bill Whistlecroft Arena

SSAA Championships:

Saturday 9th June

Bill Whistlecroft Arena

SWSAA Championships:

Saturday 16th June

Exeter Arena

ESAA Championships:

Friday 13th July

Saturday 14th July

Alexander Stadium,
Birmingham

Combined Events:

SSAA Championships:

Saturday 27th & Sunday 28th April

Millfield School

SWSAA Championships:

Saturday 22nd & Sunday 23rd June

Exeter Arena

ESAA Championships:

Saturday 21st September

Sunday 22nd September

Exeter Arena

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

Mendip AC

Taunton AC

Wells City Harriers

Yeovil Olympiads AC

www.aceathletics.co.uk

www.mendipac.org.uk

www.tauntonac.org

www.wellscityharriers.co.uk

www.yeovilolympiads.com