

Somerset Schools Athletic Association



HANDBOOK 2014

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www.somersetschoolsathletics.org.uk

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

It hosts championships and organises teams to regional and national championships in track and field, cross-country, combined events and race walking.

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 (but 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 late 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.

An Intermediate team (2 per event) 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 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 and 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.

2013 Team Success

Teams

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

Senior Girls' Team - South-West Cross-Country Champions

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

South-West Track & Field Team Champions:

Senior Girls, Intermediate Boys, Senior Boys, Overall Boys, Overall

Track Events, Overall Field Events, Overall Champions

Junior Girls' Team - South-West Combined Events Champions

Intermediate Boys' Team - South West Combined Events Champions

Senior Boys - National C Group Track & Field Champions

Individuals

5 South-West Cross-Country Champions

16 South-West Track & Field Champions

Intermediate Boy South-West Combined Events Champion

Intermediate Boy South-West Race Walk Champion

Oliver Fox - England Captain - 6th SIAB Cross-Country International

Laurie Dawkins - National Junior Girls' Javelin Champion

Elliot Rutter - National Senior Boys' 400m Champion

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	3.30	3.00	2.55
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 2014.

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	4.10	3.80	3.10
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 2014.

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	22.00	22.20	23.30
400m	48.80	49.50	52.50
800m	1:53.00	1:55.00	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	14.70	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	4.40	4.10	3.30
Shot	14.10	13.00	11.50
Discus	46.00	40.00	34.00
Javelin	57.00	56.00	46.00
Hammer	54.00	46.00	39.00

Senior Boys are aged 17 years and under 19 years on 1st September 2014.

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.

Girls' Standards

Junior Girls

Standard →	National	Entry	County
100m	12.60	12.80	13.30
200m	25.70	26.50	27.60
800m	2:16.00	2:20.00	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
Long Jump	5.20	5.05	4.65
Shot	10.70	10.00	9.10
Discus	30.00	27.00	23.00
Javelin	33.00	30.00	25.50
Hammer	39.00	34.00	(24.00)

Junior Girls are aged 13 years and under 15 years on 1st September 2014.

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

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	10:12.00	10:26.00	10:50.00
80m Hurdles	11.70	12.10	13.00
300m Hurdles	45.00	46.80	50.00
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	3.20	2.90	2.35
Shot	11.70	11.00	(9.50)
Discus	36.00	33.00	27.00
Javelin	40.00	37.00	(32.00)
Hammer	42.00	37.00	(28.00)

Intermediate Girls are aged 15 years and under 17 years on 1st September 2014.

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

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	5:13.00	5:25.00	5:45.00
4x100m Relay	49.00	50.00	52.00
High Jump	1.72	1.65	1.55
Pole Vault	3.30	3.00	2.45
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

Senior Girls are aged 17 years and under 19 years on 1st September 2014.

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.

Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2014.
This usually means the athletes are in year 7.

	Distance	Height	No	Approach	Interval	Finish
Minor Boys	75m	76.0cm	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	76.0cm	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.0cm	8	12.00m	8.00m	12.00m
	300m	76.0cm	7	50.00m	35.00m	40.00m
Senior Girls	100m	84.0cm	10	13.00m	8.50m	10.50m
	400m	76.0cm	10	45.00m	35.00m	40.00m

Implement Weights

	Shot	Hammer	Discus	Javelin
Minor Boys	3.25kg		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		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

Officers of the Association

- Chairman — Mr Les Neville**
LCNEVILLE@aol.com
- Secretary — Mr Brian Baker**
brianssaa@blueyonder.co.uk
01373 464766
- Treasurer — Mr Les Neville**
LCNEVILLE@aol.com
- Senior Team Manager — Mr Richard Bowden**
richard@rbowden.eclipse.co.uk
01963 33167
- Officials' Secretaries :**
- Schools' AA — Mrs Pat Gillett**
pat.gillett@tiscali.co.uk
- County AA — Mrs Sally Higman**
salannic@tiscali.co.uk

Area Secretaries

- Mendip — Mr Jason Allen**
JBA@millfieldschool.com
- Sedgemoor — Mr Steve Ladd**
SPLadd@educ.somerset.gov.uk
- Taunton — Mr Richard Llewellyn-Eaton**
rllewellyn-eaton@kings-taunton.co.uk
- Yeovil — Mrs Jane Yandell**
jane.yandell@btinternet.com

A full list of schools/ colleges in each Area can be found on the SSAA website.

Diary of Events

Cross-Country:

Area Championships -	Mendip:	Wednesday 15th January
	Sedgemoor:	Wednesday 15th January
	Taunton:	Wednesday 22nd January
	Yeovil:	Friday 29th November

SSAA Junior Championships:	Tuesday 25th February	King's College
SSAA Championships:	Saturday 1st February	Aldon Hill, Yeovil
SWSAA Championships:	Saturday 8th February	King's Park
ESAA Championships:	Saturday 15th March	Castle Donington

Track & Field:

Area Championships -	Mendip:	Monday 20th May
	Sedgemoor:	Thursday 9th May
	Taunton:	Wednesday 7th May
	Yeovil:	Wednesday 21st May
SSAA Junior Championships:	Wednesday 4th June	Yeovil Arena
SSAA Championships:	Saturday 14th June	Yeovil Arena
SWSAA Championships:	Saturday 21st June	Yeovil Arena
ESAA Championships:	Friday 11th July	Alexander Stadium
	Saturday 12th July	Birmingham
SSAA Middle Schools' Championships:	Monday 7th July	Yeovil Arena

Combined Events:

SSAA Championships:	Saturday 26th & Sunday 27th April	Millfield
SWSAA Championships:	Saturday 28th & Sunday 29th June	Yeovil Arena
ESAA Championships:	Saturday 20th September	Boston, Lincs
	Sunday 21st September	

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