

Somerset Schools Athletic Association



Handbook

2016

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 Jane Yandell jane.yandell@btinternet.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 —	Mr Larry Tulett larry.tulett@parkschool.com
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 rllewellyneaton2@btinternet.com
Yeovil —	Mr Andrew Holmes Andrew.Holmes@yeovil.ac.uk

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

Somerset Schools' Athletic Organisation

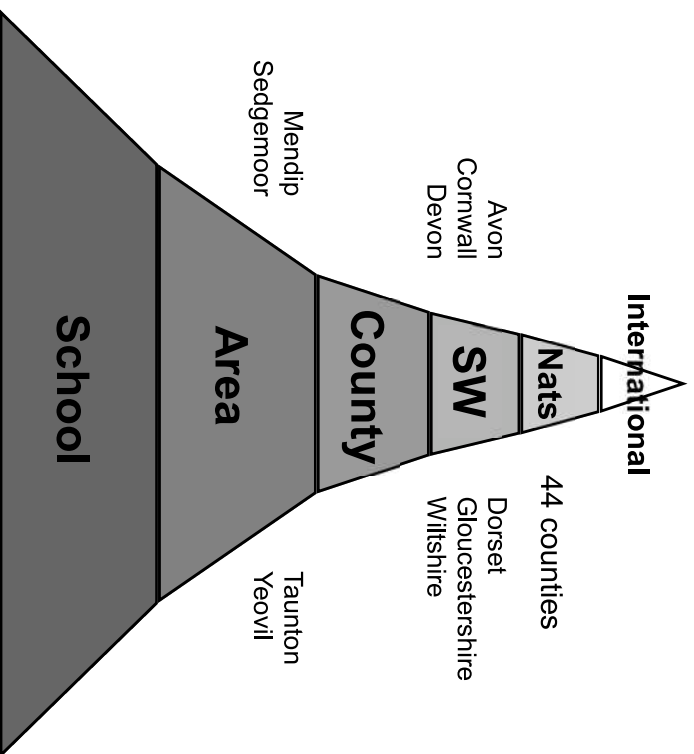
In 2015 Somerset had two England representatives:

Laurie Dawkins (Taunton School) —

Intermediate Girls' Javelin - SIAB International

Anya Turner (Wellington School) —

Intermediate Girls' Home International Indoor Pentathlon



- 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.

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.

ESAA recommends the following distances:

Minor Boys —	normally not to exceed 2500 metres
Junior Boys —	3500 — 4500 metres
Intermediate Boys —	5000 — 6000 metres
Senior Boys —	6500 — 7500 metres
Minor Girls —	normally not to exceed 2500 metres
Junior Girls —	3000 — 3500 metres
Intermediate Girls —	3500 — 4000 metres
Senior Girls —	3500 — 4000 metres

All distances should take into account the severity of the terrain and the weather conditions on the day.

2015 Champions

Junior Championships:

Year 7 Girls	Connie Hickman (Queen's College)
Year 7 Boys	Mac Ryder (Millfield Preparatory)
Year 8 Girls	Rebecca Brown (Queen's College)
Year 8 Boys	Luke Macpherson (Preston Academy)

Senior Championships:

Minor Girls	Connie Hickman (Queen's College)
Junior Girls	Sophie Hamilton (King's School)
Inter Girls	Ella Sykes (Millfield School)
Senior Girls	Olivia Gwynn (Millfield School)
Minor Boys	Mac Ryder (Millfield Preparatory)
Junior Boys	Dylan Dukes (The Blue School)
Inter Boys	James Bridge (The Park School)
Senior Boys	Oliver Fox (King's College)

2015 Success

Oliver Fox	South-West Champion
Junior Girls	South-West Team Champions
Intermediate Girls	South-West Team Champions
Senior Boys	South-West Team Champions

At ESAA Championships:

Junior Girls: SW team – 1 st ; 'C' group team – 1 st ; National team – 5 th	
Intermediate Girls: SW team – 1 st ; 'C' group team – 1 st ; National team – 8 th	
Senior Girls: SW team – 2 nd ; 'C' group team – 4 th ; National team – 21 st	
Girls Teams: 'C' Group <u>National Champions</u>	
Junior Boys: SW team – 4 th ; 'C' group team – 5 th ; National team – 25 th	
Intermediate Boys: SW team – 1 st ; 'C' group team – 4 th ; National team – 19 th	
Senior Boys: SW team – 1 st ; 'C' group team – 1 st ; National team – 9 th	
Boys' Teams: 'C' Group <u>National Champions</u>	

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

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 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.

Championship Best Performances

It is impossible to list all the county champions in Track and Field; there being in excess of 130! All athletes achieving a new championship best performance are listed as a mark of their achievement.

Senior Championships:

JG High Jump	1.63 =	A. Brophy	(Millfield School)
JG Pole Vault	2.05	F. Braddock	(Huish Episcopi Academy)
JG Shot	10.62	T. Dayami	(Millfield Preparatory)
JG Javelin	32.68	M. Thorpe	(The Castle School)
IG Steeplechase	5:16.94	C. Carnegie	(Sexey's School)
IG Javelin	42.75	L. Dawkins	(Taunton School)
IG Hammer	41.28	M-L. Poore	(Ansford Academy)
SG 3000m	9:48.34	O. Gwynn	(Millfield School)
SG Hammer	40.05	Z Azariah	(Sexey's School)
SB Javelin	63.44	R. Curtis	(Millfield School)
SB Pole Vault	5.05	J Leon-Benitez	(Millfield School)

The Bill Whistlecroft Hurdles Trophy was awarded to Anya Turner (Wellington School) for her 45.23 in the Intermediate Girls' 300m Hurdles.

Junior Championships:

Under 14 Girls Javelin	30.52	M. Thorpe	(The Castle School)
Under 14 Girls Shot	9.39	T. Dayami	(Millfield Preparatory)

South-West Championships:

JG Long Jump	5.53	V. McCabe	(King's School)
IG Steeplechase	5:09.10	C. Carnegie	(Sexey's School)
IG Javelin	41.89	L. Dawkins	(Taunton School)

2015 Success

At South-West Championships:

Junior Girls – Champions

100m	Jasmine Watson	(Wells Cathedral School)	12.58
1500m	Sophie Hamilton	(King's School)	04:47.8
High Jump	Anna Brophy	(Millfield School)	1.60
Long Jump	Victoria McCabe	(King's School)	5.53

Junior Boys – Champions

Long Jump	Siji Abere	(King's College)	5.79
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Intermediate Girls – Champions

3000m	Ella Sykes	(Millfield School)	10:11.0
1500m Steeplechase	Caitlin Carnegie	(Sexey's School)	05:09.1
Javelin	Laurie Dawkins	(Taunton School)	41.89

Intermediate Boys – Champions

1500m Steeplechase	Dan Wilde	(Queen's College)	04:28.0
Triple Jump	Andy Yan	(Wellington School)	13.41

Senior Girls – 3rd

Triple Jump	Georgie Hoff	(Millfield School)	10.74
Javelin	Ellen Barber	(King's School)	41.15

Senior Boys – Champions

400m	Elliott Scott	(West Somerset College)	50.22
1500m	Felix Rusby	(Downside School)	04:15.7
3000m	Luke Prior	(The King Alfred School)	09:11.8
400m Hurdles	Josh Brown	(Millfield School)	57.07
2000m Steeplechase	Archie Walton	(Richard Huish College)	05:55.3
4x100m Relay	Somerset		43.85
Triple Jump	Joe Cooke	(King's College)	13.80
Shot	Jordan Davies	(Yeovil College)	15.35
Javelin	Will Larkman	(Richard Huish College)	55.52

At ESAA Championships:

Gold -	Laurie Dawkins (Taunton School)	Intermediate Girls' Javelin
Silver -	Jordan Davies (Yeovil College)	Senior Boys' Shot
Bronze -	Victoria McCabe (King's School)	Junior Girls' Long Jump
Bronze -	Georgie McTear (Millfield School)	Intermediate Girls' Javelin
Bronze -	Redford Curtis (Millfield School)	Senior Boys' Javelin

Senior Boys' Team: 'C' Group National Champions

Area	200120022003200420052006200720082009201020112012201320142015															3 Year Total	15 Year Total
MENDIP	All Hallows School										3	1		1		1	5
	Crispin School	1	1	1	2	2			1	1	1				3	3	14
	Downside School		2	1	1	1		2		3	4	5	7	5	3	15	38
	Fairlands Middle School							2					1			1	3
	Frome College	4	5	4	3	4	2	1	2	1					1	1	28
	Kings of Wessex Academy		2	1	1	2	3	3	4	5	3	3	1	2	2	5	37
	Millfield Preparatory Sch	1	2	2		2	1	4	2	1	1	2	1	1	5	7	25
	Millfield School	33	29	25	31	20	32	36	35	31	24	23	28	32	32	92	435
	Oakfield Academy		1													0	1
	Selwood Academy															0	0
	St Dunstan's School		2	2	3	1		1		2	1	1				0	13
	Strode College	2	1				1		2	4	2		3	2	1	6	18
	The Blue School	4	1		1		1	3	2	3	2	7	6	4	3	12	42
	Wells Cathedral School					1	3	4	3	3	6	7	6	5	6	15	48
	Whitstone School					2	2	3	6	4	4	4	2			0	27
	Total Athletes	45	46	36	42	35	45	57	58	55	50	58	49	50	56	158	
	% of Overall total	24%	28%	24%	25%	25%	28%	31%	31%	31%	30%	33%	28%	29%	34%	31%	
	Number of Representative Schools	6	10	7	7	9	8	9	9	11	11	10	9	8	9	11	
SEDGEMOOR	Bridgwater College	2	1	4	2				1			1	1	2		3	14
	Brymore Academy	20	20	21	16	14	11	10	6	5	5	4	4	2	7	13	168
	Chilton Trinity School				1	1	1		2	2	2		1			1	12
	Danesfield Middle School	1		1	3		3		2	1	2					0	13
	Dulverton Middle School		1				1									0	2
	Bridgwater College Academy	1		1				1								0	3
	Haygrove School	6	9	5	5		1		2	3	2	1	2	1	1	4	48
	Hugh Sexey Middle School				1			2		1		3	4	2		6	18
	The King Alfred School	1		1	1	1	1		1	2	1	2	3	2	2	7	18
	Mark College	1	2			1	1					1				0	7
	Minehead Middle School		3	1				1	1			2		1		1	9
	Robert Blake Science College				1					1						0	3
	Shapwick			1												0	1
	West Somerset Comm. College	11	8	8	9	11	12	13	6	8	8	3	3	2	1	8	
	Total Athletes	43	44	43	39	28	27	31	27	23	20	18	18	12	11	43	
	% of Overall total	23%	27%	28%	23%	20%	17%	17%	15%	12%	14%	10%	10%	7%	7%	9%	
	Number of Representative Schools	8	7	9	9	5	6	7	6	9	8	6	9	7	4	8	

School and Area

County Representatives

		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	3 Year	15 Year
TAUNTON	Area																	
	Bishop Fox's School	1		1	2	3	4	1		1		1	1	2	3	1	6	21
	Court Fields School		2	1	1	4	1				4	1	2	2	2		4	20
	Heathfield Community School	2	2	1	1		1		1		2	1	3	1	1		2	16
	King's College	8	7	6	11	10	11	12	13	12	17	11	9	13	8	10	31	158
	King's Hall School	1						4	2	1	3	2	2	2	1	1	4	19
	Kingsmead School	1	6	2	2			1			1	2		3	2	4	9	24
	Queen's College	10	9	7	5	6	13	11	17	15	10	14	14	13	14	12	39	170
	Richard Huish College	6	4	4	6	7	9	7	6	6	5	6	6	9	7	6	22	94
	Somerset College		1	1		2	2			1							0	7
	Taunton Preparatory School	1							1	2			3				1	8
	The Taunton Academy																0	0
	Taunton School	8	8	9	11	7	6	4	7	5	4	4	5	9	10	10	29	107
	The Castle School	14				3	4	7	4	5	7	6	7	4	2	3	9	66
	Wellington School	6	4	9	6	6	4	7	8	10	6	7	4	9	8	10	27	104
	Total Athletes	62	45	42	46	48	55	54	59	59	59	55	56	67	58	58	183	
	% of Overall total	34%	27%	28%	27%	34%	34%	29%	32%	33%	35%	31%	32%	39%	35%	35%	36%	
	Number of Representative Schools	12	10	11	10	9	10	9	9	11	10	11	11	11	11	10	12	
YEovil	Ansford Academy		1	5	2	1		2	1	1		1	4	2	2	2	6	24
	Bruton School for Girls	2	1		1	3	2	2	4	4	3		2	1	1		2	26
	Buckler's Mead Academy	1	1			1	1	1	3	4	3	1	1		1	1	2	19
	Chilton Cantelo School												3	1			1	4
	Hazlegrove School					1		1			5	4	4	1	4	4	9	24
	Holyrood Academy						1	1	1	1	1	1	3	1	1	1	3	12
	Huish Episcopi Academy	3	5	4	5	3	4	6	3	4	1	4	2	7	6	5	18	62
	King Arthur's School	4			2				1	2	1	1	1				0	12
	King's School	2	6	4	4	1	1	4	3	5	3	6	3	5	4	10	19	61
	Maiden Beech Academy														1	2	3	3
	Perrott Hill School																0	0
	The Park School			2	1	2	1	1	1		1	2	1	2	2	2	6	18
	Preston School				2				2	1	2	3	3	3	5	3	11	24
	Sexey's School	6	4	5	7	2	5	5	4	5	7	4	4	3	7	4	14	72
	Stanchester Academy	4	2		2	2		2	5	5	3	4	5	5	5	2	12	46
	Swanmead Middle School					1											0	1
	Wadham School	3	1		2		1			1	1	1	1	1	1		2	13
	Westfield Academy	4	4	4	2	3	5	5	5	3	2	5	6	2	1	1	4	52
	Yeovil College	6	4	7	14	9	12	13	8	7	3	8	9	4	2	2	8	106
	Total Athletes	35	29	31	44	29	33	43	41	43	36	45	52	38	43	39	120	
	% of Overall total	19%	18%	20%	26%	21%	21%	23%	22%	24%	21%	25%	30%	22%	26%	24%	24%	
	Number of Representative Schools	10	10	7	12	12	10	12	13	13	14	14	16	14	15	13	16	
Overall AthletesTotal		185	164	152	171	140	160	185	185	179	168	178	175	173	165	164	504	
Overall School Total		36	37	34	38	35	34	37	37	44	43	41	45	40	41	36	47	

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 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.

Girls' Events

Minor	Junior	Intermediate	Senior
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

Boys' Events

Minor	Junior	Intermediate	Senior
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

2015 Champions

Under -13 Boys' Quadrathlon	Jamie Schluter	(Millfield Preparatory School)
Junior Boys' Pentathlon	Jack Turner	(Wellington School)
Intermediate Boys' Octathlon	Cliff Schwabauer	(Millfield School)
Senior Boys' Decathlon	Matthew Trickey	(King's School)
Under -13 Girls' Quadrathlon	Ciara Alexander	(Heathfield School)
Junior Girls' Pentathlon	Victoria McCabe	(King's School)
Intermediate Girls' Heptathlon	Georgia Silcox	(Westfield Academy)
Senior Girls' Heptathlon	Ellen Barber	(King's School)
Junior Boys' 3000m Race Walk	Herb Elliott	(Brymore Academy)

2015 Success

At South-West Championships:

Jack Turner	Junior Boys' Pentathlon Champion
Josh Brown	Senior Boys' Decathlon Champion
Ellen Barber	Senior Girls' Heptathlon Champion
Junior Boys' Team	South-West Champions with CBP
Senior Boys' Team	South-West Champions
Junior Girls' Team	South-West Champions with CBP

At ESAA Championships:

Junior Girls' Team	National Champions with CBP
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Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2016. 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	2:02.00	2:05.00	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
Pole Vault	3.35	3.05	2.55
Long Jump	5.95	5.75	5.45
Triple Jump	12.40	12.00	11.45
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 2016.

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 are aged 15 years and under 17 years on 1st September 2016.

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

Intermediate Boys			
Standard →	National	Entry	County
100m	11.00	11.20	11.70
200m	22.20	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	14.00	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	1.98	1.92	1.75
Pole Vault	4.20	3.90	3.10
Long Jump	6.60	6.40	6.00
Triple Jump	13.70	13.20	12.50
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

Senior Boys are aged 17 years and under 19 years on 1st September 2016.

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.

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
Pole Vault	4.50	4.20	3.30
Long Jump	6.90	6.80	6.25
Triple Jump	14.40	13.90	12.85
Shot	14.00	13.00	11.50
Discus	46.00	40.00	34.00
Javelin	56.00	52.00	46.00
Hammer	57.00	52.00	39.00

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	50.00	52.00	53.40
High Jump	1.63	1.57	1.45
Pole Vault	3.05	2.75	2.50
Long Jump	5.20	5.05	4.65
Shot	11.20	10.60	9.25
Discus	30.00	27.00	23.00
Javelin	36.00	33.00	27.50
Hammer	42.00	36.00	30.00

Junior Girls are aged 13 years and under 15 years on 1st September 2016.

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 2016.

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	40.30	41.20	44.80
800m	2:13.00	2:16.00	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	12.00	13.00
300m Hurdles	45.00	46.60	50.00
1500m S/C	5:15.00	5:25.00	5:50.00
4x100m Relay	48.20	50.20	52.40
High Jump	1.68	1.62	1.52
Pole Vault	3.40	3.10	2.35
Long Jump	5.50	5.25	4.80
Triple Jump	11.20	10.90	10.00
Shot	12.50	11.00	10.00
Discus	36.00	33.00	27.00
Javelin	40.00	37.00	33.00
Hammer	52.00	45.00	36.00

Senior Girls are aged 17 years and under 19 years on 1st September 2016.

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.

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	2:15.00	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	3.40	3.10	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

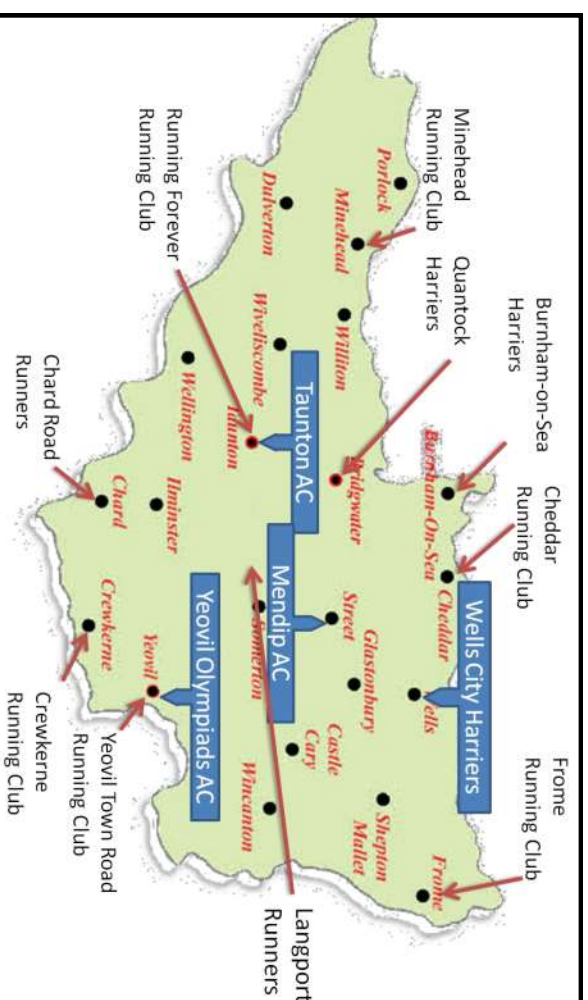
Diary of Events

Cross-Country:			
Area Championships -	Mendip:	Wednesday 13th January	
	Sedgemoor:	Wednesday 6th January	
	Taunton:	Wednesday 13th January	
	Yeovil:	Friday 4th December	
SSAA Junior Championships:	Tuesday 23rd February	King's College, Taunton	
SSAA Championships:	Saturday 23rd January	Aldon Hill, Yeovil	
SWSAA Championships:	Saturday 6th February	Pittville Park, Cheltenham	
ESAA Championships:	Saturday 5th March	Wollaton Park, Nottingham	
Track & Field:			
Area Championships -	Mendip:	Monday 23rd May	
	Sedgemoor:	Wednesday 18th May	
	Taunton:	Wednesday 4th May	
	Yeovil:	Wednesday 25th May	
SSAA Junior Championships:	Wednesday 29th June	Bill Whistlecroft Arena	
SSAA Championships:	Saturday 11th June	Millfield School	
SWSAA Championships:	Saturday 18th June	Exeter Arena	
ESAA Championships:	Friday 8th July	Gateshead Stadium	
	Saturday 9th July		
Combined Events:			
SSAA Championships:	Saturday 23rd & Sunday 24th April	Millfield School	
SWSAA Championships:	Saturday 25th & Sunday 26th June	Exeter Arena	
ESAA Championships:	Saturday 17th September	Exeter Arena	
	Sunday 18th September		

www.somerset-schools-athletics.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

<http://www.somerset-athletics.co.uk>

SCAA Secretary — Dave Cooke

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2015

National Champions

