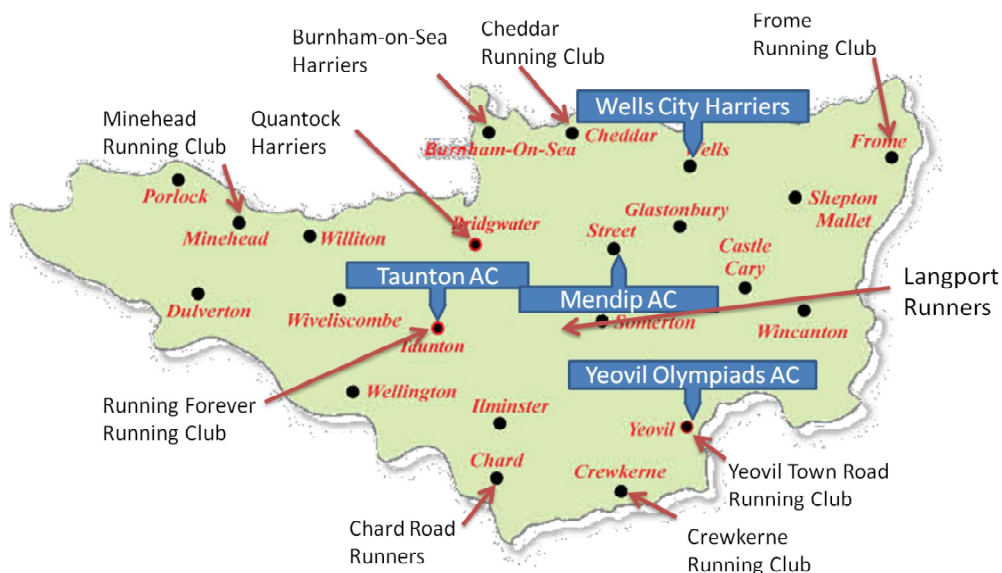


# Somerset County Athletic Association

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

Email: [davidcooke101@btinternet.com](mailto:davidcooke101@btinternet.com)

## 2016 National Champions



Marcia Sey



Ellen Barber

# Somerset Schools Athletic Association



## Handbook 2017

[www.somersetschoolsathletics.org.uk](http://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 Katie Cobb**  
                     KC@Hazlegrove.co.uk  
**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 Brian Baker**  
                     brianssaa@blueyonder.co.uk  
**County AA — Mrs Sally Higman**  
                     salannic@tiscali.co.uk

## Area Secretaries

**Mendip — Mr Jason Allen**  
                     JBA@millfieldschool.com  
**Sedgemoor — Mr Steve Ladd**  
                     sladd@kingalfred.somerset.sch.uk  
**Taunton — Mr Richard Llewellyn-Eaton**  
                     rllewellyn-eaton@kings-taunton.co.uk  
**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.

## Diary of Events

### Cross-Country:

|                      |            |                        |
|----------------------|------------|------------------------|
| Area Championships - | Mendip:    | Wednesday 11th January |
|                      | Sedgemoor: | Wednesday 7th December |
|                      | Taunton:   | Wednesday 11th January |
|                      | Yeovil:    | Friday 2nd December    |

|                            |                       |                         |
|----------------------------|-----------------------|-------------------------|
| SSAA Junior Championships: | Monday 20th February  | King's College, Taunton |
| SSAA Championships:        | Saturday 21st January | Aldon Hill, Yeovil      |
| SWSAA Championships:       | Saturday 4th February | Truro School            |
| ESAA Championships:        | Saturday 18th March   | The Showground, Norfolk |

### Track & Field:

|                      |            |                    |
|----------------------|------------|--------------------|
| Area Championships - | Mendip:    | Monday 22nd May    |
|                      | Sedgemoor: | Wednesday 10th May |
|                      | Taunton:   | Wednesday 3rd May  |
|                      | Yeovil:    | Wednesday 24th May |

|                            |                                      |                                  |
|----------------------------|--------------------------------------|----------------------------------|
| SSAA Junior Championships: | Wednesday 7th June                   | Bill Whistlecroft Arena          |
| SSAA Championships:        | Saturday 10th June                   | Bill Whistlecroft Arena          |
| SWSAA Championships:       | Saturday 17th June                   | Exeter Arena                     |
| ESAA Championships:        | Friday 7th July<br>Saturday 8th July | Alexander Stadium,<br>Birmingham |

### Combined Events:

|                      |                                                  |                         |
|----------------------|--------------------------------------------------|-------------------------|
| SSAA Championships:  | Saturday 29th & Sunday 30th April                | Millfield School        |
| SWSAA Championships: | Saturday 24th & Sunday 25th June                 | Bill Whistlecroft Arena |
| ESAA Championships:  | Saturday 16th September<br>Sunday 17th September | Boston                  |

***www.somersetschoolsathletics.org.uk***

## Girls' Standards

| Junior Girls |          |         |         |                                                                          |
|--------------|----------|---------|---------|--------------------------------------------------------------------------|
| Standard →   | National | Entry   | County  |                                                                          |
| 100m         | 12.50    | 12.80   | 13.30   | Junior Girls are aged 13 years and under 15 years on 1st September 2017. |
| 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 | This usually means the athletes are in year 8 or year 9.                 |
| 75m Hurdles  | 11.40    | 11.70   | 12.80   |                                                                          |
| 4x100m Relay | 50.00    | 52.00   | 53.40   |                                                                          |
| High Jump    | 1.63     | 1.57    | 1.45    | Year 7 athletes are not permitted to compete in this age group.          |
| 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    | 34.00   | 27.50   |                                                                          |
| Hammer       | 44.00    | 36.00   | 30.00   |                                                                          |

Intermediate Girls are aged 15 years and under 17 years on 1st September 2017.

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          | 5:13.00  | 5:23.00  | 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     | 2.80     |
| Long Jump          | 5.50     | 5.30     | 4.80     |
| Triple Jump        | 11.20    | 10.90    | 10.00    |
| Shot               | 12.80    | 11.40    | 10.00    |
| Discus             | 36.00    | 33.00    | 27.00    |
| Javelin            | 40.00    | 37.00    | 33.00    |
| Hammer             | 53.00    | 47.00    | 36.00    |

Senior Girls are aged 17 years and under 19 years on 1st September 2017.

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    | 5:10.00  | 5:18.00  | 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     | 2.80     |
| 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       | 46.00    | 41.00    | 31.00    |

## Somerset Schools' Athletic Organisation

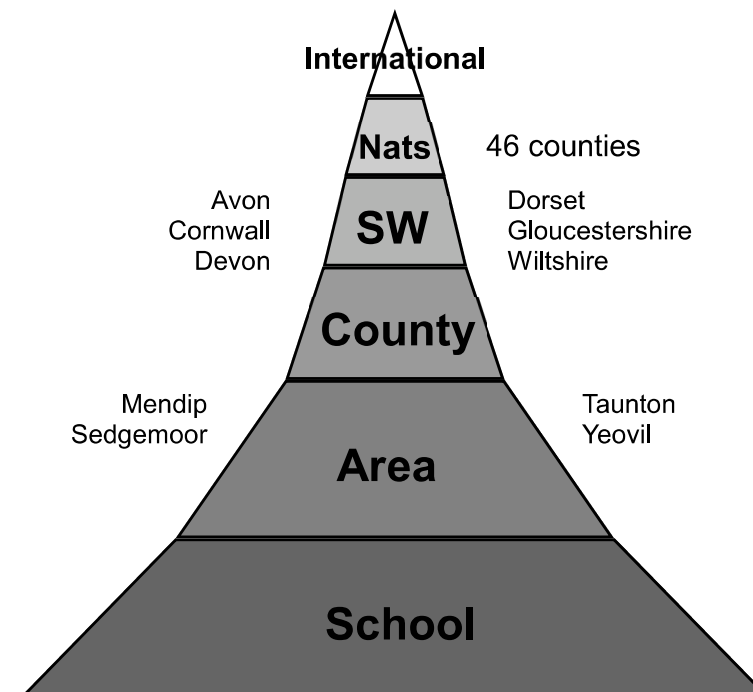
In 2016 Somerset had two England representatives:

Amelia Wills (Millfield School) —

Junior Girl - SIAB Cross-Country International

Rory Nicholson (Queen's College) —

Junior Boy - SIAB Cross-Country International



- 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.

## 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.

### 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.

## 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        | 4:13.00  | 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 2017.

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         | 22.20    | 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 | 13.50    | 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   |

Intermediate Boys are aged 15 years and under 17 years on 1st September 2017.

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    |
| 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   |

Senior Boys are aged 17 years and under 19 years on 1st September 2017.

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 2017.  
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   |

## 2016 Champions

Junior Championships:

|              |                                              |
|--------------|----------------------------------------------|
| Year 7 Girls | Anya Evans (Hazlegrove School)               |
| Year 7 Boys  | Jo Ponter (Bishop Fox's School)              |
| Year 8 Girls | Holly Bigger (Huish Episcopi Academy)        |
| Year 8 Boys  | Tom Loader (Hugh Sexey C of E Middle School) |

Senior Championships:

|              |                                         |
|--------------|-----------------------------------------|
| Minor Girls  | Anya Evans (Hazlegrove School)          |
| Junior Girls | Amelia Wills (Millfield School)         |
| Inter Girls  | Sophie Jones (Queen's College)          |
| Senior Girls | Issy Morris (Millfield School)          |
| Minor Boys   | Fred Fisher (Hazlegrove School)         |
| Junior Boys  | Matthew Howard (Wells Cathedral School) |
| Inter Boys   | Ben Lloyd (Preston School)              |
| Senior Boys  | Sam Sommerville (Strode College)        |

## 2016 Success

|              |                           |
|--------------|---------------------------|
| Amelia Wills | South-West Champion       |
| Senior Boys  | South-West Team Champions |

At ESAA Championships:

Junior Girls: SW team – 5<sup>th</sup>; 'C' group team – 7<sup>th</sup>; National team – 29<sup>th</sup>  
Intermediate Girls: SW team – 2<sup>nd</sup>; 'C' group team – 1<sup>st</sup>; National team – 12<sup>th</sup>  
Senior Girls: SW team – 5<sup>th</sup>; 'C' group team – 8<sup>th</sup>; National team – 34<sup>th</sup>

Junior Boys: SW team – 1<sup>st</sup>; 'C' group team – 1<sup>st</sup>; National team – 8<sup>th</sup>  
Intermediate Boys: SW team – 7<sup>th</sup>; 'C' group team – 11<sup>th</sup>; National team – 37<sup>th</sup>  
Senior Boys: SW team – 1<sup>st</sup>; 'C' group team – 1<sup>st</sup>; National team – 3<sup>rd</sup>

## 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](http://esaa.net)