

Somerset Schools Athletic Association



Handbook

2018

www.sometschoolsathletics.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
 jo-ben@tiscali.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
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Officials' Secretaries :

Schools' AA — Mr Brian Baker
 brianssaa@blueyonder.co.uk
County AA — Mrs Sally Higman
 salannic@tiscali.co.uk

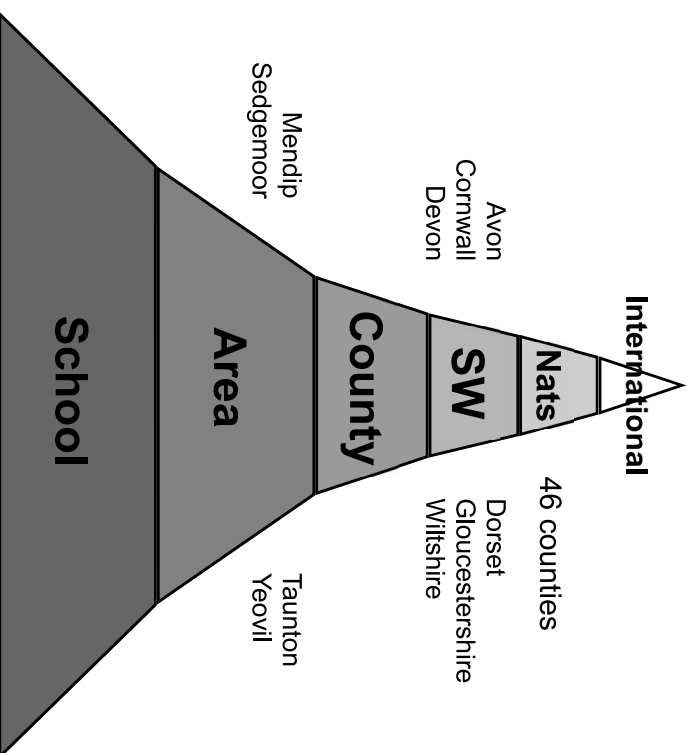
Area Secretaries

Mendip — Mr Jason Allen
 allen.j@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 SSA website.

Somerset Schools' Athletic Organisation

In 2017 Somerset had five 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 counties 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.

2017 Champions

Junior Championships:

Year 7 Girls	Alice de Pelet	Hazlegrove School
Year 7 Boys	Dan Fisher	The Castle School
Year 8 Girls	Sophia Wilson	Taunton Preparatory School
Year 8 Boys	Joe Ponter	Bishop Fox's School

Senior Championships:

Minor Girls	Daisy Pellow	Millfield Preparatory School
Junior Girls	Poppy Pellow	Millfield School
Inter Girls	Elise Thorne	Millfield School
Senior Girls	Lucy Davies	Millfield School
Minor Boys	Bradley Glover	Preston School
Junior Boys	Henrik Wendin	Millfield School
Inter Boys	Henry Cowie	Millfield School
Senior Boys	Ben Jones	Queen's College

2017 Success

Henrik Wendin	South-West Champion
Junior Boys	South-West Team Champions
Senior Boys	South-West Team Champions

At ESAA Championships:

Junior Girls: SW team – 3rd, 'C' group team – 5th; National team – 20th
 Intermediate Girls: SW team – 3rd, 'C' group team – 3rd; National team – 17th
 Senior Girls: SW team – 5th, 'C' group team – 6th; National team – 27th
 Junior Boys: SW team – 2nd, 'C' group team – 1st; National team – 6th
 Luckhurst Lane Trophy winners
 Intermediate Boys: SW team – 7th, 'C' group team – 10th; National team – 43rd
 Senior Boys: SW team – 1st, 'C' group team – 2nd; National team – 13th

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 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 2017 CBP are listed as a mark of their achievement.

Junior Championships:

U14 Boys	300 m	41.99	Barney Dietz	Taunton Prep Sch
U14 Boys	Long Jump	5.63	Oliver D'Rozario	Wellington Sch
U14 Girls	75m Hurdles	11.60	Lydia Smith	Bishop Fox's Sch

County Championships:

Junior Girls	High Jump	1.63 (=)	Maya Jones	Taunton
Junior Girls	Javelin	39.41	Millie Quaintance	Mendip
Inter Girls	80m Hurdles	11.6	Marcia Sey	Mendip
Inter Girls	Steeplechase	05:16.9	Millie Willis	Mendip
Inter Girls	Shot	9.70	Katie Davy-Ericson	Taunton
Senior Girls	Steeplechase	5:15.4	Lucy Davies	Mendip
Senior Girls	Long Jump	6.08	Georgia Silcox	Yeovil

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

2017 Success

South-West Schools' AA Champions:

Junior Girls' Team – 2nd			
200m	Lucia Gifford-Groves	Millfield School	25.64
Long Jump	Lydia Smith	Bishop Fox's School	5.24
Junior Boys' Team – 2nd			
80m Hurdles	Jami Schlueter	Millfield School	11.31 (CBP)
4x100m Relay	Somerset		47.69
Long Jump	Jami Schlueter	Millfield School	6.34
Triple Jump	Brooklyn Cooper	Chilton Trinity School	12.04
Intermediate Girls' Team – 2nd			
1500m Steeplechase	Millie Wills	Millfield School	5:16.43
High Jump	Anna Brophy	Millfield School	1.68
Triple Jump	Elie Carrow	King's College	10.93
Intermediate Boys' Team – 1st			
1500m Steeplechase	Henry-James Cowie	Millfield School	4:29.55
4x100m Relay	Somerset		45.31
High Jump	Jack Turner	Wellington School	1.95
Javelin	Ollie McTear	Millfield School	53.24
Senior Girls' Team – 3rd			
100m Hurdles	Georgia Silcox	Sexey's School	14.40
1500m Steeplechase	Lucy Davies	Millfield School	4:59.34 (CBP)
Long Jump	Georgia Silcox	Sexey's School	5.81
Javelin	Georgie McTear	Millfield School	40.73
Senior Boys' Team – 1st			
200m	Matt Alvarez	Taunton School	21.86
800m	Dan Wilde	Queen's College	1:55.18
400m Hurdles	Dan Wilde	Queen's College	55.25
Pole Vault	Laurenz Kirchmayr	Millfield School	4.35
Discus	Elliot Berryman	Millfield School	46.34
South-West Schools AA Trophies:			
Intermediate Boys	Senior Boys	Overall Boys	
Track Events	Field Events	Relays	
Overall Champions			

English Schools' AA Champions:

Intermediate Girls 80m Hurdles	Marcia Sey	11.07	Millfield School
Intermediate Girls 1500m Steeplechase	Elise Thorner	4:59.80	Millfield School
English Schools AA Trophies:			
Intermediate Girls Champions	Buckingham Trophy		
Group C Champions	The Tonkin Cup		

Track and Field Internationals:



Marcia Sey
80m Hurdles
SIAB Champion



Elise Thorner
1500m Steeplechase
SIAB Champion



Millie Wills
1500m Steeplechase
SIAB Second

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 Harry Hall Matt Cole	Millfield School West Somerset School Westfield School
2011	Katy Rushmer Amy Cooper Luke Reynolds	Millfield School Millfield School Haygrove School
2012	Matt Cole	Westfield School
2015	Ollie Thorner	Millfield School
2016	Elise Thorner	Millfield School
2017	Elise Thorner	Millfield School



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

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

		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	3 Year Total	17 Year Total
Area																				
M E N	All Hallows School											3	1		1			2	2	7
	Crispin School	1	1	1		2				1	1	1	1			3		2	5	16
	Downside School		2	1	1	1		2	3	1	3	4	5	7	5	3	5	4	12	47
	Fairlands Middle School								2					1			1		1	4
	Frome College	4	5	4	3	4	2	1	1	2	1					1			1	28
	The Kings of Wessex Academy		2	1	1	2	3	3	4	5	3	5	3	1	2	2	1	2	5	40
	Millfield Preparatory School	1	2	2		2	1	4	2	1	1		2	1	1	5	1	3	9	29
	Millfield School	33	29	25	31	20	32	36	35	31	24	24	23	28	32	32	33	42	107	510
	Oakfield Academy		1																0	1
	Selwood Academy																		0	0
	St Dunstan's School		2	2	3	1		1		2	1	1						1	1	14
	Strode College	2	1				1			2	4	2		3	2	1	6	8	15	32
	The Blue School	4	1		1		1	3	2	3	2	7	6	4	3	5	5	3	13	50
	Wells Cathedral School					1	3	4	3	3	6	7	6	5	6	4	4	1	9	53
P	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	52	56	56	68	180	
	% of Overall total	24%	28%	24%	25%	25%	28%	31%	31%	31%	30%	33%	28%	29%	32%	34%	31%	38%	35%	
	Number of Representative Schools	6	10	7	7	9	8	9	9	11	11	10	9	8	8	9	8	10	12	
S E D G E M O O R	Bridgwater College	2	1	4	2					1			1	1	2		1		1	15
	Brymore Academy	20	20	21	16	14	11	10	11	6	5	5	4	4	2	7	9	5	21	170
	Chilton Trinity School				1	1	1		2	2	2	2		1			1	2	3	15
	Danesfield Middle School	1		1	3			3		2	1	2						1	1	14
	Bridgwater College Academy	1		1				1											0	3
	Haygrove School	6	9	5	5		1		2	2	3	2	1	2	1	1	1	1	3	42
	Hugh Sexey C of E Middle School				1			2	4	1	1		3	4	2		1	1	2	20
	The King Alfred School	1		1	1	1	1			1	2	1	2	3	2	2	2	3	7	23
	Mark College	1	2			1	1			1			1						0	7
	Minehead Middle School		3	1				1	1				2		1		1	1	2	11
	Robert Blake Science College				1						1		1					1	1	4
	Shapwick School			1															0	1
	West Somerset Comm. College	11	8	8	9	11	12	13	7	6	8	8	3	3	2	1	2		3	112
	Total Athletes	43	44	43	39	28	27	31	27	22	23	20	18	18	12	11	18	15	44	
	% of Overall total	23%	27%	28%	23%	20%	17%	17%	15%	12%	14%	11%	10%	10%	7%	7%	10%	8%	8%	
	Number of Representative Schools	8	7	9	9	5	6	7	6	9	8	6	9	7	7	4	8	8	10	

School and Area

County Representatives

		2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016		3 Year Total	17 Year Total	
Area																		2017			
Bishop Fox's School	T	1		1	2	3	4	1		1		1	1	2	3	1	5	5	11	31	
			2	1	1	4	1			4	1	2	2				1		1	21	
		2	2	1	1		1		1	2	1	3	1	1			3	1	4	20	
Heathfield Community School	A	8	7	6	11	10	11	12	13	12	17	11	9	13	8	10	7	12	29	177	
King's College		1						4	2	1	3	2	2	2	1	1	1	3	5	23	
King's Hall School		1	6	2	2			1		1	2		3	2	4	6	3	13	33		
Kingsmead School	U	10	9	7	5	6	13	11	17	15	10	14	14	13	14	12	17	12	41	199	
Queen's College		6	4	4	6	7	9	7	6	6	5	6	6	9	7	6	5	4	15	103	
Richard Huish College			1	1		2	2			1									0	7	
Somerset College	N									1											
Taunton Preparatory School		1							1	2			3			1	4	3	8	15	
The Taunton Academy																		3	8	15	
Taunton School	T																		0		
		8	8	9	11	7	6	4	7	5	4		4	5	9	10	10	6	6	22	119
The Castle School		14				3	4	7	4	5	7	6	7	4	2	3	3	5	11	74	
Wellington School	O	6	4	9	6	6	4	7	8	10	6	7	4	9	8	10	10	11	31	125	
Total Athletes		62	45	42	46	48	55	54	59	59	59	55	56	67	58	58	68	65	191		
% of Overall total		34%	27%	28%	27%	34%	34%	29%	32%	33%	35%	31%	32%	39%	35%	35%	38%	37%			
Number of Representative Schools	N	12	10	11	10	9	10	9	9	11	10	11	11	11	11	10	12	11	12		
Ansford Academy			1	5	2	1		2	1	1		1	4	2	2	2	1	3	6	28	
Bruton School for Girls		2	1		1	3	2	2	4	4	3		2	1	1		1	1	2	28	
Buckler's Mead Academy	Y	1	1			1	1	1	3	4	3	1	1		1	1	1	1	2	20	
Hazlegrove School						1		1			5	4	4	1	4	4	8	6	18	38	
Holyrood Academy							1	1	1	1	1	1	3	1	1	1	3	1	5	16	
Huish Episcopi Academy	E	3	5	4	5	3	4	6	3	4	1	4	2	7	6	5	5	4	14	71	
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	7	7	24	75	
Maiden Beech Academy	O														1	2		2	3		
Perrott Hill School																		0	0		
The Park School					2	1	2	1	1	1		1	2	1	2	2	2	2	1	5	21
Preston School	V				2				2	1	2	3	3	3	5	3	3	3	9	30	
Sexey's School		6	4	5	7	2	5	5	4	5	7	4	4	3	7	4	2	1	7	75	
Stanchester Academy		4	2		2	2		2	5	5	3	4	5	5	5	2			2	46	
Swanmead Middle School	I					1												0	1		
Wadham School		3	1		2		1			1	1	1	1	1	1			0	13		
Westfield Academy		4	4	4	2	3	5	5	5	3	2	5	6	2	1	1		1	2	53	
Yeovil College	L	6	4	7	14	9	12	13	8	7	3	8	9	4	2	2	3	2	7	113	
Total Athletes		35	29	31	44	29	33	43	41	43	36	45	52	38	43	39	36	30	105		
% of Overall total		19%	18%	20%	26%	21%	21%	23%	22%	24%	21%	25%	30%	22%	26%	24%	20%	17%	20%		
Number of Representative Schools		10	10	7	12	12	10	12	13	13	14	14	16	14	15	13	11	11	14		
Overall AthleteTotal		185	164	152	171	140	160	185	185	179	168	178	175	173	165	164	178	178	520	170	
Overall School Total		36	37	34	38	35	34	37	37	44	43	41	45	40	41	36	39	40			

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

<u>Minor</u>	<u>Junior</u>	<u>Intermediate</u>	<u>Senior</u>
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

2017 Champions

Under -13 Boys' Quadrathlon	Alex Painter	Millfield Prep School
Junior Boys' Pentathlon	Jami Schlueter	Millfield School
Intermediate Boys' Octathlon	Toby Sauter	Huish Episcopi Academy
Senior Boys' Decathlon	Tim McKee	Richard Huish College
Under -13 Girls' Quadrathlon	Emilia Smith	King's Hall School
Junior Girls' Pentathlon	Masie Jeger	Millfield Prep School
Intermediate Girls' Heptathlon	Anna Brophy	Millfield School
Senior Girls' Heptathlon	Georgia Silcox	Yeovil Olympiads AC
Intermediate Boys' 5000m Race Walk	Rhys Thomas	Brymore Academy
Junior Girls' 3000m Race Walk	Anna Rose	Crispin School

2017 Success

South-West Regional Champions:

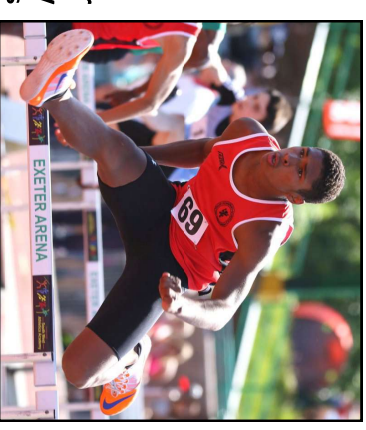
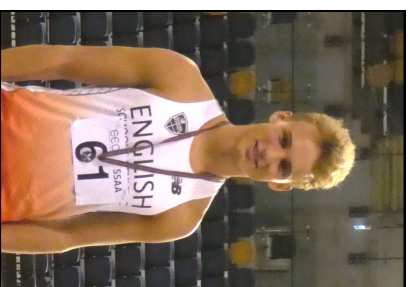
Jami Schlueter	Junior Boys' Pentathlon Champion
Jack Turner	Intermediate Boys' Octathlon Champion
Junior Boys' Team	South-West Champions
Millie Salway	Junior Girls' 3000m Race Walk
Rhys Thomas	Intermediate Boys' 5000m Race Walk

English Schools' AA Champions:

Intermediate Boys' Octathlon Jack Turner 5207pts Wellington School

Combined Events Internationals:

Jack Turner
2nd Intermediate Boy
The Schools' International Indoor Pentathlons



Jami Schlueter
9th Junior Boy
The Schools' International Indoor Pentathlons

Kit

The Association kit as submitted to the ESAA is: "black shorts, red vest with white trim and black side panel and County crest".

Kit can be purchased by any athlete who represents the county and comprises of:

- A county vest
- A large kit bag
- A tie
- A beanie

For Cross-Country representatives at the ESAA Championships

- A wet-top

For Track & Field and Combined Events representatives at the ESAA Championships

- A track-suit

A vest may be borrowed for South-West competitions.

Athletes must provide their own BLACK shorts.

Hurdles Specifications

Minors are aged 11 years and under 13 years on 1st September 2018.
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
100 metres	11.4s	11.7s	12.3s
200 metres	23.3s	24.0s	25.3s
300 metres	36.8s	37.8s	40.0s
800 metres	2m 02s	2m 04s	2m 13s
1500 metres	4m 13s	4m 20s	4m 36s
80m Hurdles	11.6s	12.0s	12.9s
Relay	45.6s	47.5s	49.4s
High Jump	1.78m	1.72m	1.60m
Pole Vault	3.35m	3.05m	2.55m
Long Jump	5.95m	5.80m	5.45m
Triple Jump	12.40m	12.00m	11.45m
Shot	13.30m	12.30m	11.20m
Discus	38.00m	35.00m	30.50m
Javelin	47.00m	44.00m	39.00m
Hammer	45.00m	38.00m	31.00m
Junior Boys are aged 13 years and under 15 years on 1st September 2018. 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 2018. This usually means the athletes are in year 10 or year 11.			
	Senior Boys		
Standard →	National	Entry	County
100 metres	10.9s	11.1s	11.5s
200 metres	21.9s	22.2s	23.3s
400 metres	48.8s	49.5s	52.5s
800 metres	1m 52s	1m 54s	2m 02s
1500 metres	3m 55s	3m 58s	4m 15s
3000 metres	8m 33s	8m 36s	9m 20s
110m Hurdles	14.6s	15.2s	16.2s
400m Hurdles	55.0s	56.5s	59.5s
2000m Steeple-chase	6m 04s	6m 10s	6m 30s
Relay	43.5s	44.5s	45.3s
High Jump	2.01m	1.95m	1.83m
Pole Vault	4.50m	4.20m	3.30m
Long Jump	6.90m	6.80m	6.25m
Triple Jump	14.40m	13.90m	12.85m
Shot	14.00m	13.00m	11.50m
Discus	46.00m	40.00m	34.00m
Javelin	56.00m	52.00m	46.00m
Hammer	58.00m	52.00m	39.00m
Senior Boys are aged 17 years and under 19 years on 1st September 2018. 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
100 metres	12.4s	12.7s	13.3s
200 metres	25.5s	26.2s	27.6s
300 metres	41.0s	42.0s	44.2s
800 metres	2m 15s	2m 19s	2m 29s
1500 metres	4m 40s	4m 48s	5m 10s
75m Hurdles	11.4s	11.7s	12.8s
Relay	50.0s	52.0s	53.4s
High Jump	1.64m	1.58m	1.45m
Pole Vault	3.05m	2.75m	2.50m
Long Jump	5.20m	5.10m	4.65m
Shot	11.20m	10.60m	9.25m
Discus	30.00m	27.00m	23.00m
Javelin	36.00m	34.00m	27.50m
Hammer	44.00m	36.00m	30.00m

Junior Girls are aged 13 years and under 15 years on 1st September 2018.

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
100 metres	12.2s	12.5s	13.0s
200 metres	25.1s	25.9s	27.0s
300 metres	40.1s	41.0s	44.8s
800 metres	2m 13s	2m 16s	2m 25s
1500 metres	4m 39s	4m 45s	5m 04s
3000 metres	10m 10s	10m 20s	10m 50s
80m Hurdles	11.6s	12.0s	13.0s
300m Hurdles	45.0s	46.4s	50.0s
1500m Steeple-chase	5m 13s	5m 23s	5m 50s
Relay	48.2s	50.2s	52.4s
High Jump	1.69m	1.63m	1.52m
Pole Vault	3.40m	3.10m	2.80m
Long Jump	5.50m	5.35m	4.80m
Triple Jump	11.20m	10.90m	10.00m
Shot	12.80m	11.40m	10.00m
Discus	37.00m	33.00m	27.00m
Javelin	41.00m	38.00m	33.00m
Hammer	53.00m	48.00m	38.00m

Intermediate Girls are aged 15 years and under 17 years on 1st September 2018.

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

Senior Girls			
Standard :	National	Entry	County
100 metres	12.1s	12.4s	13.0s
200 metres	25.0s	25.8s	26.5s
400 metres	57.0s	58.5s	61.0s
800 metres	2m 12s	2m 15s	2m 25s
1500 metres	4m 36s	4m 44s	5m 00s
3000 metres	10m 06s	10m 16s	10m 48s
100m Hurdles	14.6s	15.2s	16.5s
400m Hurdles	64.0s	66.0s	69.5s
1500m Steeple-chase	5m 10s	5m 17s	5m 45s
Relay	49.0s	50.0s	52.0s
High Jump	1.72m	1.66m	1.55m
Pole Vault	3.50m	3.20m	2.80m
Long Jump	5.60m	5.40m	4.85m
Triple Jump	11.40m	11.10m	9.50m
Shot	11.40m	10.50m	8.85m
Discus	39.00m	36.00m	29.00m
Javelin	40.00m	37.00m	32.00m
Hammer	47.00m	43.00m	31.00m

Senior Girls are aged 17 years and under 19 years on 1st September 2018.

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.

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.

2018 Coaching Courses will take place on:

- Sunday 18th February
- Sunday 25th February
- Sunday 11th March
- Sunday 15th 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

King's College, Taunton	TA1 2EY
Aldon Hill, Yeovil	BA22 9TA
Stover School, Newton Abbot	TR1 1TH
Temple Newsam, Leeds	LS15 0AE
Bill Whistlecroft Arena, Yeovil	BA21 3DS
Exeter Arena	EX4 8NT
Alexander Stadium, Birmingham	B42 2LR
Millfield School, Street	BA16 0YD
Bedford International Arena	MK41 9SB

Diary of Events

Cross-Country:

Area Championships -

Mendip:	Wednesday 10 th January
Sedgemoor:	Wednesday 6 th December
Taunton:	Wednesday 10 th January
Yeovil:	Friday 1 st December

SSAA Junior Championships: Monday 19th February King's College, Taunton

SSAA Championships: Saturday 20th January Aldon Hill, Yeovil

SWSAA Championships: Saturday 3rd February Stover School, Newton Abbot

ESAA Championships: Saturday 17th March Temple Newsam, Leeds

Track & Field:

Area Championships -

Mendip:	Monday 21 st May
Sedgemoor:	Wednesday 9 th May
Taunton:	Wednesday 9 th May
Yeovil:	Wednesday 23 rd 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 Alexander Stadium, Birmingham
Saturday 14th July

Combined Events:

SSAA Championships: Saturday 28th & Sunday 29th April Millfield School

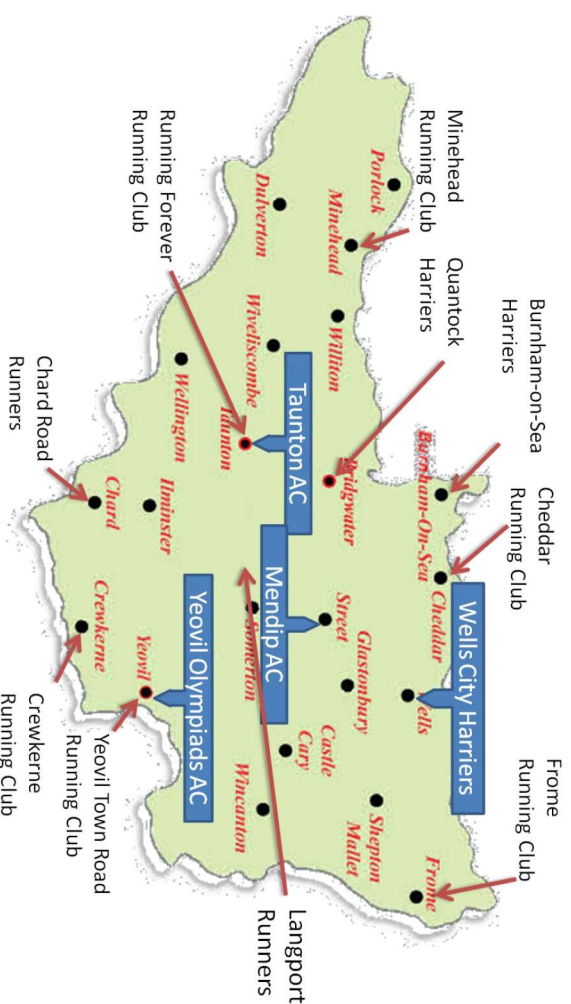
SWSAA Championships: Saturday 23rd & Sunday 24th June Bill Whistlecroft Arena

ESAA Championships: Saturday 15th September Bedford International Arena
Sunday 16th September

www.somerset-schoolsathletics.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

Email: davidcooke101@talktalk.net

Athletic Club details:

Mendip AC	http://mendipac.org.uk/
Taunton AC	https://www.tauntonac.org/
Wells City Harriers	http://www.wellscityharriers.co.uk/
Yeovil Olympiads AC	http://www.yeovilolympiads.com/