

## **Wiltshire Schools Athletics Association Guidelines for Team Managers and Athletes regarding Event Timetable clashes and Qualification for FINALS.**

1. Decide which is the athlete's main event and make that your priority.
2. Study the Championship Timetable and try to avoid a clash of events involving a Track event and a Field event.

Where the athlete still has a clash of events they should;

- a). Warm up in good time, to make full use of any time available at the start of a Field event.
- b) Report to the Field Event when the event is starting, and ask for permission to report to your Track Event. Get a team manager to attend with you.
- c) Discuss the problem your clash of events is causing with the Field Event officials. The Athlete needs to know that;
  - i) You cannot leave the event without the approval of the officials
  - ii) The officials can alter the order of attempts in any round, and they will do this if it helps the situation
  - iii) If the athlete misses a round then they have missed their attempt in that round.
  - iv) Similarly, if you stay at the Field Event and miss your Track Event, then you have missed out in that Track Event.
  - v) Field event Officials will advise the athlete on the likely progress of the event, and estimate how much time each round will take to complete.
  - vi) A Senior or Intermediate Athlete will need to record one valid attempt in the first 3 rounds to be considered for the final 3 rounds.
  - vii) As soon as possible after having reported to the Field event the athlete or their Team Manager need to report to the track event officials to explain the situation.
  - viii) The Officials and your Team manager should be able to ensure that you have maximum time on your Field Event before leaving, with the approval of the Field event officials, to go to your Track event in time to compete safely in the event without causing any delay.

### **Know what you need to do to qualify for a final**

**In Track Events the WINNER in each heat will qualify for the final, along with the fastest losers from the heats (the number of fastest losers is dependent upon the lanes available)**

**In Field Events, except high Jump and Pole Vault, all competitors in INTER and SENIOR events will be allowed 3 attempts. All athletes achieving A COUNTY STANDARD will qualify for a further 3 attempts. If the total achieving a County Standard is less than 6, then the final 3 rounds will have a total of 6 by the next highest placed competitors. All Year 7 and JUNIOR FIELD EVENT competitors will have 4 attempts only.**

## WSAA Championship Rules & Essential Information

In Junior, Intermediate and Senior age groups, Areas may enter a maximum of two per event. If Areas have 3 (or more) athletes who have all attained a NATIONAL ENTRY STANDARD, all 3 (or more) can be entered.

In the Year 7 age group, Areas may enter athletes in a maximum of one track event and one field event only.

2. **Designated numbers** must be worn front and back and securely fastened by four (4) safety pins. If competing in high jump or pole vault, one number is sufficient. High jumpers normally chose to have their number on their front; pole vaulters normally chose to have their number on their back.

3. **Qualification in field events** excepting high jump, pole vault and Y7\* events, all competitors will be allowed three (3) attempts. All athletes achieving county standard will qualify for another three (3) attempts. If the total achieving a county standard is less than six (6) then the number of competitors taken in to the final three (3) rounds will be made up to a total of six (6) by the next highest placed competitors. **NB Due to time restrictions the number taken through to the final might be restricted to 5. \*Y7: All competitors will have 4 attempts only.**

5. **False starts: Senior athletes** follow the UKA / IAAF rules completely, in that they will be disqualified for any false start in individual events.

Intermediate, Junior & Y7 athletes the rule is that each athlete may make one false start in individual events and would then be disqualified on the second personal false start.

6. **Qualification in track events:** The first 3 in each heat will qualify for the final.

7. Athletes who proceed to a final following a heat will run in lanes set by the time they record in their heat: 200m & 400m: Fastest: lane 3; 2<sup>nd</sup> (i.e. 2<sup>nd</sup> fastest): lane 4; 3<sup>rd</sup>: lane 2; 4<sup>th</sup>: lane 5; 5<sup>th</sup>: lane 1; 6<sup>th</sup>: lane 6.

100m or lower: Fastest: lane 4; 2<sup>nd</sup> (i.e. 2<sup>nd</sup> fastest): lane 5; 3<sup>rd</sup>: lane 3; 4<sup>th</sup>: lane 6; 5<sup>th</sup>: lane 2; 6<sup>th</sup>: lane 7.

8. In track events, **finals will be run at heat time** should there be insufficient numbers to run two heats (eight or less at 100m and under, six or less at 200m & 400m, others: dependent on sufficient hurdles)

9. The maximum **spike length** allowed at Swindon is **6mm** on the track and for LJ, TJ, & PV and **9mm** for Javelin throwers and high jumpers.

10. **Starting blocks** may not be used by Y7. Juniors and Intermediates may only use them in finals. Seniors may use them in both heats and finals.

11. **Competitors must keep outside the perimeter of the track** unless reporting to an event inside the track or competing. When reporting to an event, all Competitors, Team Managers and officials should take the shortest route from outside the Track to the Field Event location and not walk across the Field at any time no matter what. Everyone must take great care when reporting to an event to ensure they do not go near the THROWING AREAS or disturb any competitors or officials

12. **Reporting;** Competitors should report to their event a minimum of ten (10) minutes before their event starts.

13. **Scoring;** 1st Place = 6 points... down to 6<sup>th</sup> place = 1 point.

14. **Results;** Results will be displayed as soon as possible after each event. We'll aim to post results on our website; [www.wiltsschoolsathletics.org](http://www.wiltsschoolsathletics.org) by 4pm on Sunday 11<sup>th</sup> June 2023.

15. Teams for the South West Schools Championships will be posted on our website a.s.a.p. but not before 4pm on Sunday 11<sup>th</sup> June

**WSAA TRACK & FIELD CHAMPIONSHIP 2023:**

**INTERMEDIATE & SENIOR TRACK PLUS ALL HURDLES & SOME YEAR 7 EVENTS, TIMETABLE. To be read in conjunction with the Junior Track TT and the complete Field TT NB see Junior Track Timetable for steeplechase at 13.45 & 3.000m at 16.10**

WSAA strongly recommend that Inter & Sen athletes do not compete in 200m then hurdles or in both the 800m and 1500m. Junior athletes will not be able to compete in both the 800m and 1500m as they are next to each other on the timetable of events. NB: Y7 can only enter one track event and one field.

Where there is less than a full entry for any event for heats and we have enough lanes available, The FINAL OF THE EVENT WILL BE RUN AT THE STATED HEAT TIME

Time	Event	Event	Heat / Final	NS	ES	CS/DS:Y7
09.45	T1	IG 300 Hurdles @ 76.2cm	<b>Final</b>	45.00	46.40	50.00
	T2	SG 400 Hurdles @76.2cm	<b>Final</b>	64.00	65.50	69.50
	T3	IB 400 Hurdles @84cm	<b>Final</b>	56.50	58.70	60.50
	T4	SB 400 Hurdles @91.4cm	<b>Final</b>	55.00	57.50	59.50
10.00	T5	IG 100m	H to Final T18	12.20	12.50	13.00
	T6	SG 100m	<b>Final</b>	12.10	12.40	13.00
	T7	IB 100m	H to Final T17	10.90	11.10	11.70
10.15	T8	SB 100m	<b>Final</b>	10.80	11.00	11.50
	T9	Y7B 100m	H to Final T19			13.80
10.25	T10	Y7G 100m	H to Final T20			14.30
	T11	Y7B 800m	<b>Final</b>			2:34.00
10.32	T12	Y7G 800m	<b>Final</b>			2:48.00
	T13	IB 400m	H to Final T49	49.70	51.10	53.40
	T14	SG 400m	<b>Final</b>	57.00	58.30	61.00
10.45	T15	SB 400m	<b>Final</b>	48.80	49.70	52.50
	T16	IG 300m	H to Final T50	40.20	41.20	44.8
10.50	T17	IB 100m	<b>Final</b> from T7	10.90	11.10	11.70
	T18	IG 100m	<b>Final</b> from T5	12.20	12.50	13.00
	T19	Y7B 100m	<b>Final</b> from T9			13.80
	T20	Y7G 100m	<b>Final</b> fromT10			14.30
11.10	T21	SB 110m Hurdles @99CM	<b>Final</b>	14.60	15.30	16.20
11.15	T22 & T23	IG & SG 1500m	<b>Final</b>	IG 4.39.00 SG 4.36.00	4.45.00 4.42.00	5.04.00 5.00.00
11.25	T24	IB 100m Hurdles @ 91.4CM	H to Final T46	13.50	14.00	15.00
	T25	SG 100m Hurdles @ 84cm	<b>Final</b>	14.60	15.30	16.50
11.35	T26	JB 80m Hurdles @ 84cm	H to Final T45	11.70	12.10	12.90
	T27	IG 80m Hurdles @ 76.2cm	H to Final T44	11.60	12.00	13.00
11.50	T28	JG 75m Hurdles @ 76.2cm	H to Final T43	11.50	11.80	12.80
	T29	Y7B 75m Hurdles @ 68cm	H to Final T42			13.60
12.00	T30	Y7G 70m Hurdles @68cm	H to Final T41			12.60
12.10	T31 & T32	IB & SB 1500m	<b>Final</b>	IB 4.03.00 SB 3.55.00	4.06.00 3.58.00	4.20.00 4.15.00
12.20	T33	Y7B 150m	H to final T53			20.50
	T34	Y7G 150m	H to Final T54			22.00
12.30	T35	IB 200m	H to final T 51	22.20	22.70	24.00
	T36	IG 200m	H to Final T52	25.10	25.80	27.00
	T37	SB 200m	<b>Final</b>	21.90	22.20	23.20
	T38	SG 200m	<b>Final</b>	25.10	25.70	27.00
12.40	T39 & T40	IB & SB 800m	<b>Final</b>	IB 1.55.00 1.52.00	1.57.00 1.54.00	2.05.00 2.02.00

12.50	T41	Y7G 70m Hurdles @ 68cm	Final from T30			12.60
	T42	Y7B 75m Hurdles @ 68cm	Final from T29			13.60
13.00	T43	JG 75m Hurdles @ 76.2cm	Final from T28	11.50	11.80	13.00
	T44	IG 80m Hurdles @ 76.2cm	Final from T27	11.60	12.00	44.80
	T45	JB 80m Hurdles @ 84cm	Final from T26	11.70	12.10	12.90
	T46	IB 100m Hurdles @ 91.4cm	Final from T24	13.50	14.00	15.00
13.20	T47 & T48	IG & SG 800m	Final	IG 2.13.00 SG 2.12.00	2.16.00 2.16.00	2.25.00 2,25.00
13.25	T49	IB 400m	Final from T30	49.70	51.10	53.40

## JUNIOR TRACK TIMETABLE plus some Y7 events and the Senior & Inter steeplechase & 3.000m

To be read in conjunction with the Senior & Inter Track TT and the complete Field TT.

NB: Y7 can only enter one track event and one field event.

Note: This timetable does not allow athletes to compete in 200m and hurdles or 1500m and hurdles (WSAA rule) or 800m and 1500m (UKA rule)

Time	Event Number	Event	NS	ES	CS / DS: Y7
	T50	IG 300m Final from Heats T16	40.20	41.20	44.80
13.35	T51	IB 200m Final from Heats T 35	22.20	22.70	24.00
	T52	IG 200m Final from Heats T 36	25.10	25.80	27.00
13.40	T53	Y7B 150 m Final from Heats T 33			20.50
	T54	Y&G 150m Final from Heats T 34			22.00
13.45	T55 & 56	IG & SG 1500m S/C Final ONE RACE @ 76.2cm	IG: 5:13.00 SG: 5:10.00	5:23.00 5:17.00	5:50.00 5:45.00
	T57 T58	IB 1500m S/C Final @ 83.8cm SB 2000m S/C Final @ 91.4cm	IB: 4:32.00 SB: 6:08.00	4:40.00 6:18.00	4:58.00 6:30.00
14.30	T59	JG 200m Heats to Final T66	25.50	26.20	27.60
	T60	JB 200m Heats to Final T67	23.20	23.80	25.30
14.40	T61	JG 800m Final	2:15.00	2:18.00	2:29.00
14.50	T62	JG 1500m Final	4:40.00	4:48.00	5:10.00
15.00	T63	JB 1500m Final	4.13.00	4.20.00	4.36.00
15.10	T64	JB 300m Heats to Final T73	36.80	38.00	40.00
	T65	JG 300m Heats to Final T74	41.00	42.00	44.20
15.20	T66	JG 200m Final from heats T59	25.50	26.20	27.60
	T67	JB 200m Final from heats T60	23.20	23.80	25.30
15.30	T68	JB 800m Final	2:02.00	2:05.00	2:13.00
15.35	T69	Y7G 1,200m Final			N/A
	T70	Y7B 1,200m Final			N/A
15.50	T71	JG 100m Heats to Final T79	12.40	12.70	13.30
	T72	JB 100m Heats to final T80	11.40	11.60	12.30
16.00	T73	JB 300m Final from heats T64	36.80	38.00	40.00
	T74	JG 300m Final from heats T65	41.00	42.00	44.20
16.10	T75 & T76 T77 & T78	IB & SB 3,000 Final As one Race with IG & SG 3,000 Final	IB: 8.50.00 SB: 8.33.00 IG: 10.10.0 SG: 10.06.0	8.56.00 8.36.00 10.20.00 10.16.00	9.30.00 9.20.00 10.50.00 10.48.00
16.25	T79	JG 100m Final from heats T71	12.40	12.70	13.30
	T80	JB 100m Final from heats T72	11.40	11.60	12.30

## WSAA TRACK & FIELD CHAMPIONSHIP 2023: JUMPS & POLE VAULT TIMETABLE

LONG JUMP	POLE VAULT / TRIPLE JUMP	HIGH JUMP
<b>JB LONG JUMP</b> (F4) <b>09.45</b> NS:5.95 ES:5.80 CS:5.45 All have 4 attempts only		<b>IG (F1) SG (F2)</b> <b>HIGH JUMP 09.45</b> IG start 1.31m SG start 1.36 IG: NS:1.71 ES:1.65 CS:1.52 SG: NS:1.72 ES:1.66 CS:1.55
<b>JG LONG JUMP</b> (F14) <b>11.00</b> NS:5.30 ES:5.20 CS:4.65 All have 4 attempts only	<b>POLE VAULT:</b> ALL AGE GROUPS: <b>11.00</b> JG F18 JB: F19 IG: F20 <b>IB: F21</b> SG: F22 <b>SB: F23</b>	<b>JG HIGH JUMP</b> (F12) <b>11.00</b> Start 1.29m NS:1.65 ES:1.59 CS:1.45
<b>IB (F27) SB (F28)</b> <b>LONG JUMP</b> <b>12.15</b> IB: NS:6.80 ES:6.40 CS:6.00 SB: NS:6.80 ES:6.70 CS:6.25	<b>IG (F15) SG (F16)</b> <b>TRIPLE JUMP</b> <b>13.00</b> IG: NS:11.30 ES:10.90 CS:10.00 SG: NS:11.40 ES:11.10 CS:9.50	<b>JB HIGH JUMP</b> (F24) <b>12.15</b> Start 1.39m NS:1.78 ES:1.72 CS:1.60 Start 1.39m
<b>Y7B LONG JUMP</b> (F35) <b>13.30</b> DSt:4.32 SSt:4.16 All have 4 attempts only		<b>Y7G HIGH JUMP</b> (F32) <b>13.30</b> Start 1.16m CS:1.35m Maximum of 7 attempts
<b>IG (F42) SG (F43)</b> <b>LONG JUMP</b> <b>14.45</b> IG: NS:5.55 ES:5.40 CS:4.80 SG: NS:5.60 ES:5.40 CS:4.85	<b>JB TRIPLE JUMP</b> (F44) <b>13.30</b> NS:12.40 ES:12.00 CS:11.45 All have 4 attempts only	<b>IB (39) SB (F40)</b> <b>HIGH JUMP</b> <b>14.45</b> IB Start 1.49m SB Start 1.59 IB: NS:1.94 ES:1.88 CS:1.75 SB: NS:2.01 ES:1.95 CS:1.83
<b>Y7G LONG JUMP</b> (F50) <b>16.00</b> DSt:4.08 SSt:3.94 All have 4 attempts only.	<b>IB (51) SB (F52)</b> <b>TRIPLE JUMP</b> <b>16.00</b> IB: NS:13.70 ES:13.20 CS:12.50 SB: NS:14.20 ES:13.50 CS:12.85	<b>Y7B HIGH JUMP</b> (F48) <b>16.00</b> Start 1.20m CS:1.38m Maximum of 7 attempts

### High jump-starting heights and heights up to CS:

**Y7G:** 1.16 1.21 1.24 1.27 (DSt)      **Y7B:** 1.20 1.25 1.28 1.31(DSt)  
**JG:** 1.29 1.34 1.39 1.42 1.45(CS)      **JB:** 1.39 1.44 1.49 1.54 1.57 1.60(CS)  
**IG:** 1.31 1.36 1.41 1.46 1.49 1.52(CS)      **IB:** 1.49 1.54 1.59 1.64 1.69 1.72 1.75(CS)  
**SG:** 1.36 1.41 1.46 1.49 1.52 1.55(CS)      **SB:** 1.59 1.64 1.69 1.72 1.75 1.78 1.81 1.83(CS)

### POLE VAULT: ALL AGE GROUPS 11.00

	NS	ES	CS		NS	ES	CS
<b>JG (F18)</b>	3.00m	2.70m	2.50m	<b>JB (F19)</b>	3.30m	3.00m	2.55m
<b>IG (F20)</b>	3.40m	3.10m	2.80m	<b>IB (F21)</b>	4.20m	3.90m	3.10m
<b>SG (F22)</b>	3.50m	3.20m	2.80m	<b>SB (F23)</b>	4.50m	4.20m	3.30m

### Pole vault starting heights:

**JG** 1.55 1.70 1.80 1.90 2.00      **JB** 1.85 1.95 2.05 2.15 2.25  
**IG** 1.70 1.85 1.95 2.05 2.15      **IB** 2.05 2.20 2.30 2.40 2.50  
**SG** 1.70 1.85 1.95 2.05 2.15      **SB** 2.05 2.20 2.30 2.40 2.50

**WSAA TRACK & FIELD CHAMPIONSHIP 2023:**

**FIELD EVENTS: THROWS TIMETABLE NOTE: HAMMER: ALL AGE GROUPS 09.45pm**

SHOT	HAMMER / DISCUS	JAVELIN
<b>JG SHOT</b> <b>09.45</b> NS 11.20 ES:10.60 CS: 9.25 All have 4 attempts only	<b>ALL HAMMER EVENTS 09.45:</b> JG (F6) 3 kg JB (F7) 4kg IG (F8) 3 kg IB (F9) 5 kg SG (F10) 4 kg SB (F11) 6kg Juniors have 4 attempts only	<b>Y7B JAVELIN (F5) 400gm</b> <b>9.45</b> CS: 25.00 All have 4 attempts only.
	<b>DISCUS:</b>	<b>JB JAVELIN (F17) 600gm</b> <b>11.00</b> NS:47.00 ES:44.00 CS:39.00 All have 4 attempts only
<b>IG (F25)3kg SG (F26) 4kg</b> <b>SHOT</b> <b>12.15</b> IG: NS:12.70 ES:11.60 CS:10.00 SG: NS:11.40 ES: 10.50 CS:8.85	<b>IB(F30)1.50kg SB(F31)1.75kg</b> <b>DISCUS</b> <b>11.00</b> IB: NS:44.00 ES:41.00 CS:34.00 SB: NS:46.00 ES:40.00 CS:34.00	<b>Y7G JAVELIN (F29) 400gm</b> <b>12.15</b> CS: 20.00m All have 4 attempts only.
<b>IB (33) 5kg SB (F34) 6kg</b> <b>SHOT</b> <b>13.30</b> IB: NS:14.20 ES:13.20 CS:11.90 SB: NS:13.70 ES: 12.80 CS:11.50	<b>IG(F37) 1.0kg SG (F38)1.0kg</b> <b>DISCUS</b> <b>12.15</b> IG: NS:37.00 ES:33.00 CS:27.00 SG: NS:39.00 ES:36.00 CS:29.00	<b>JG JAVELIN (F36)500gm</b> <b>13.30</b> NS:36.00 ES:34.00 CS:27.50 All have 4 attempts only
	<b>JB DISCUS (F47) 1.25kg</b> <b>13.30</b> NS:38.00 ES:35.00 CS:30.50 All have 4 attempts only	<b>IG(F45)500gm SG (F46) 600gm</b> <b>JAVELIN</b> <b>14.45</b> IG: NS:41.00 ES:38.00 CS:33.00 SG: NS:40.00 ES: 37.00 CS:32.00
<b>JB SHOT (F49) 4kg</b> <b>16.00</b> NS:13.30 ES:12.30 CS:11.20 All have 4 attempts only	<b>JG DISCUS (F55)1.0kg</b> <b>14.45</b> NS:30.00 ES:27.00 CS:23.00 All have 4 attempts only	<b>IB(F53)600gm SB(F54) 800gm</b> <b>JAVELIN</b> <b>16.00</b> IB: NS:54.00 ES:52.00 CS:45.00 SB: NS:56.00 ES:52.00 CS:46.00

**HAMMER: ALL AGE GROUPS 09.45**

	NS	ES	CS		NS	ES	CS
<b>JG (F6) 3 kg</b>	43m	37m	30m	<b>JB (F7) 4kg</b>	45m	38m	31m
<b>IG (F8) 3 kg</b>	53m	48m	36m	<b>IB (F9) 5 kg</b>	56m	49m	37m
<b>SG (F10) 4 kg</b>	47m	43m	31m	<b>SB (F11) 6kg</b>	58m	50m	39m

## Standards & Age Groups Explained

**NS National Standard;** performance level for which Standard Badges are awarded at The National Championship.

**ES Entry Standard;** The minimum performance level normally required to be selected for a County Team at The National Championship.

Please note, the Entry Standard **IS NOT** a “qualifying standard”, reaching this standard does not imply any automatic right to be selected for a County Team.

No athlete has an automatic right to be selected, whatever standard that they achieve. Please read the selection criteria on our website; [www.wiltsschoolsathletics.org](http://www.wiltsschoolsathletics.org)

**CS County Standard;** A good level of performance at a County Championship meeting.

## Age Groups Explained

**The age limits for ESAA Cross Country Championships, Track & Field Championships and Combined Events Championships are;**

**Year 7;** 12 and under 13 years of age on 31<sup>st</sup> August at the end of the current school year (normally year 7)

**Junior;** 13 and under 15 years of age on 31<sup>st</sup> August at the end of the current school year (normally years 8 & 9)

**Intermediate;** 15 and under 17 years of age on 31<sup>st</sup> August at the end of the current school year (normally years 10 & 11)

**Senior;** 17 and under 19 years of age on 31<sup>st</sup> August at the end of the current school year (normally years 12 & 13)

**Wiltshire School Athletics Association vests will be on sale at THE SOUTH WEST SCHOOLS CHAMPIONSHIPS NEXT SATURDAY, TO ANY ATHLETE REPRESENTING WSA.**

Available from Mr. Pat Griffey (Team Manager) in The Wiltshire Schools Team Area. Cost £20.00 Cash only please.