



Welsh Schools Athletic Association



NOTES FOR COMPETITORS

- The competitions are run under UK: Athletics rules and the following Welsh Schools' Athletic Association rules:
 - Junior and Middle competitors cannot take part in more than **TWO individual** events. Senior competitors may compete in up to **THREE individual** events
 - Districts may enter two athletes in each event discipline, with just one to score.
 - Junior athletes cannot compete in both 800m and 1500m races.
 - Each competitor may compete only in his/her age group.
 - Guest competitors are not allowed. No competitor is allowed extra trials, using different weighted implements, at any time during the championships.
 - Pole Vault & Hammer are classed as development events, districts may enter up to three pupils in each, with just one to score.
- The age groups for the championships are as follow:

Senior: over 17 years & under 20 years (years 12, 13 & 14)
Middle: over 15 years & under 17 years (years 10 & 11)
Junior: over 13 years & under 15 years (years 8 & 9)

All age groups operative at midnight 31st August/1st September 2021.
[There is no competition for pupils in the first year in secondary school Year 7]
- The points scoring system for the championships is as follows:

1st: 8 pts; 2nd: 7 pts; 3rd: 6 pts; 4th: 5 pts; 5th: 4 pts; 6th: 3 pts; 7th: 2 pts; 8th: 1 pt.
- Championship medals are awarded to the first three competitors in each event. In the team competitions, a trophy is awarded to the district gaining most points in each age group. There is also a trophy – the President's Cup - for the district which gains the most points over the six competition sections.
- In adverse weather conditions, **only athletes wearing spikes will be allowed to compete in hurdles, pole vault, high jump and javelin events.** The meeting manager, in conjunction with the track and field referees, will make this decision as appropriate.
- ADDITIONAL ENTRY STANDARDS which MUST be Power of 10 ratified:**

EVENTS	MIDDLE BOYS	MIDDLE GIRLS	SENIOR BOYS	SENIOR GIRLS
100m	11.4	12.8	11.8	13.4
200m	23.5	26.4	23.5	28.0
300m	X	43.0	X	X
400m	53.0	X	54.0	65.0
800m	2:02.0	2:20.0	2:10.0	2:40.0
1500m	4:15.0	5:00.0	4:40.0	5:30.
3000m	9:30.0	11:00.0	11:00.0	12:15.0
1500m S/C	4:47.0	6:00.0	X	7:00.0
2000m S/C	X	X	7:00.0	X
Sprint Hdl	14.5	12.5	17.0	17.0
300m Hdl	X	49.0	X	X
400m Hdl	62.0	X	66.0	75.0
High Jump	1.80	1.55	1.70	1.40
Pole Vault	2.20	2.20	2.20	2.20
Long Jump	6.00	5.00	5.70	4.50
Triple Jump	12.50	10.00	11.50	9.20
Shot	12.50	9.50	11.50	8.00
Discus	35.00	30.00	29.00	25.00
Hammer	45.00	32.00	29.00	25.00
Javelin	45.00	31.50	40.00	25.00



Welsh Schools Athletic Association



TRACK EVENTS.

1. The lane draw for straight finals will be made by The Open Track Results platform. ALL races will be seeded based on factual timings or personal bests of pre declared athletes
2. In the event of heats being run, qualifying conditions for finals are:
 - 2 heats – first 3 in each heat plus 2 fastest times = 8 to final
 - 3 heats – first 2 in each heat plus 2 fastest times = 8 to final
3. If there are heats listed in the programme/final timetable all athletes in track events must report to the call room (this year in the marquee adjacent to the finish area) **20 minutes** before the time of the heat. **If there are then insufficient reporting athletes to warrant heats, the final will be held at HEAT TIME.** Please note that team managers, coaches or parents are not allowed in the call room.
Any athlete who fails to turn up for a final, having qualified to do so, without notifying the referee, will be excluded from all their subsequent events. Athletes who pull out of a final without adequate reason will be excluded from all their subsequent events.
4. Relay races - Athletes must report to Call room 20 minutes prior to the race start time. ALL athletes must wear the same number back and front

FIELD EVENTS.

1. **ALL DISTRICTS** are obligated to provide 3 volunteers to work with the graded officials on the following events.

High Jump	=	Afan Nedd Tawe
Pole Vault	=	Cardiff & The Vale of Glamorgan
Long Jump	=	Dyfed
Triple Jump	=	Eryri
Shot Put	=	Glamorgan Valleys
Discus	=	North East Wales
Hammer	=	Powys
Javelin	=	South East Wales
2. In all Junior Events (Girls and Boys) - competitors are allowed three trials.
3. In all Senior and Middle Events (Girls and Boys) - all competitors are allowed three trials. Athletes placed in the first four (4) positions after three rounds of competition should be allowed to take three additional trials. If, at the end of three rounds, there is a tie for the fourth place, then all those competitors tying should be included in the last three rounds.
4. Order of competition is drawn using the Open Track results platform. Based on times supplied by team managers, Results will be input live via a tablet and event Wi-Fi for live results as field card 1, field card 2 will be a paper copy, a 2nd printed card will be issued for horizontal jumps to record wind readings
5. Athletes who have entered a track event, which may clash with their field event, are required to report to the field event judges before competing in the track event. Athletes who leave the event to compete in a track event may re-join the competition at the round it has reached on their return.
6. Junior Triple Jump athletes are limited to a maximum length of 10m for their run up and must be capable of jumping at least 7.50m
7. Competitors are not allowed extra trials after a competition has finished.



Welsh Schools Athletic Association



EQUIPMENT SPECIFICATION

EVENT	SENIOR BOYS	MIDDLE BOYS	JUNIOR BOYS
Shot Put	6.00kg	5.00kg	4.00kg
Discus	1.75kg	1.50kg	1.25kg
Hammer	6.00kg	5.00kg	4.00kg
Javelin	800g	700g	600g
	SENIOR GIRLS	MIDDLE GIRLS	JUNIOR GIRLS
Shot Put	4.00kg	3.00kg	3.00kg
Discus	1.00kg	1.00kg	1.00kg
Hammer	4.00kg	3.00kg	3.00kg
Javelin	600g	500g	500g

Competitors in field events are reminded that any personal implements have to be submitted to the Field Referee for weighing **NO LESS THAN 60 MINUTES BEFORE** the competition start.

Please note: **The use of any personal electronic equipment inside the stadium is forbidden.**

We wish you every success, and hope that your performances meet or exceed your expectations, but above all **ENJOY YOURSELVES.**

INTERNATIONAL SELECTION POLICY

**School's International Athletics Board (SIAB) – Track & Field International
Belfast, Northern Ireland
Saturday 16th July 2022**

OVERVIEW:

The overall objective of the Welsh Athletics and Welsh Schools International Competitions Programme is to support athletes to experience high level competition and aspire to perform at their best against athletes across the UK and abroad. As part of that strategy, Welsh Athletics is committed to providing domestic and international competition opportunities to developing and aspirational Welsh athletes.

ATHLETE ELIGIBILITY:

To be considered for a Welsh Schools Team athletes must be in school/college education in Wales.

AGE GROUPS / TEAM SIZE:

Welsh School's Athletics Association will select two athletes in each gender in the following disciplines:

Track: 100m, 200m, 300m, 400m, 800m, 1500m, 3000m, 80m Hurdles, 100m Hurdles, 300m, 400m Hurdles, Steeplechase & Race Walk.

Field: Shot, Discus, Hammer, Javelin, Long Jump, Triple Jump, High Jump & Pole Vault.

In addition, both male and female 4 x 100m and 4 x 300m & 4 x 400m relay teams will be selected.

SELECTION DATE:

The selection Panel will meet on Sunday 3rd July after the Welsh Schools Track & Field Championships on Saturday 2nd July 2022

Selection Panel: The International Selection Panel will comprise of:

- WSAA International secretary
- WSAA Chair
- 1 representative from each of the eight school districts
- 1 Welsh Athletics representative

Selection Basis: Selections for the Welsh Schools Athletics Association team at SIAB will be based on the following criteria:



Welsh Schools Athletic Association



- The winner of each individual event discipline in the Middle age group (school years 10 and 11) at the Welsh Schools Athletics Association Championships on Saturday 2nd July will gain automatic selection.
- The remaining team spaces will be selected on performances achieved between 1st April 2022 to 2nd July 2022. These performances must be ratified on the power of 10 rankings website. Priority for selection will be given to pupils in school years 10 and 11. Pupils in school year 9 may be considered at the discretion of the panel.

ATHLETE NOTIFICATION:

Selected athletes will be informed by e-mail by Tuesday 5th July 2022. One non-traveling reserve will be contacted for each gender and event. Appeals Process: There shall be no right of appeal to the selection of the WSAA team made by the Panel.

DE-SELECTION PROCESS:

De-selection of an athlete may occur following:

1. Failure to achieve the standard fitness testing protocols
 2. Failure to adhere to the Welsh Athletics and Welsh School's Athletics Association athlete code of conduct
- If any athlete sustains an injury following acceptance of their position on the team, they are required to inform Bethan Davies – Welsh Athletics Performance logistics (bethan.davies@welshathletics.org) at the earliest opportunity.

CLEAN SPORT: Welsh Athletics and the Welsh School's Athletics Association are fully committed in supporting the UKAD (United Kingdom Anti-Doping) Clean Sport Programme - www.ukad.org.uk/athletes We will continue to deliver athlete, coach, and staff training to ensure a high level of knowledge and understanding to protect our sport.

EQUALITY STATEMENT:

Welsh Athletics and the Welsh Schools' Athletics Association are committed to offering equal opportunities to all athletes in Wales. Any Welsh athlete who goes to school in Wales is eligible to be selected and will be considered as part of the selection process, providing they have achieved all that is laid out within this selection policy. Welsh Athletics will not discriminate in the selection of any athlete based on any protected characteristic.

AMENDMENT:

Welsh Athletics and the Welsh School's Athletics Association reserve the right to amend this Selection Policy at its sole discretion and will make any amended version publicly available (including the date on which the amendment was made) at www.welshathletics.org

CONTACTS:

Team administrator & logistics bethan.davies@welshathletics.org

Team selection & composition liz.davies@welshathletics.org

Lead Team Manager zaneiswales@hotmail.com