



NOTES FOR COMPETITORS

- This competition is run under UK Athletics rules and the following Welsh Schools Athletics 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.
 - 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.
- 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 are 'as of' midnight 31st August/1st September 2024.

[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 events decided by time trials medals will go to the fastest three athletes across races. 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, steeplechase, pole vault, high jump and javelin events.** The meeting manager, in conjunction with the track and field referees, will make this decision as appropriate.
- Districts can enter additional athletes into Middle and Senior age group events; however ALL entries must have the ADDITIONAL ENTRY STANDARDS that are 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

TRACK EVENTS.

- 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.
- There are no heats + finals but instead, "Time trials" and will be run where there are more than 8 competitors for events that are run in allocated lanes. Athletes will be seeded according to their times on Power of 10 or PB's.
- Athletes who pull out of an event without adequate reason will be excluded from all their subsequent events.**
- In the senior age-group relay events, subject to the availability of unused lanes, districts will be allowed to enter additional, non-scoring relay teams, which shall NOT be eligible for team medals nor team points. All the members of non-scoring relay teams must be senior age group and from a single district. All relay teams shall be submitted using the Opentrack platform. Teams are limited to one relay team in each age-group per school district.
- Cardiff International Sports Campus is a synthetic track and the maximum spike allowed is 6mm on the track. 9mm may be used for the High Jump.

6. Race Walks are considered as Development Events and more than one athlete may be entered. Districts can enter up to 3 boys / 3 girls. You will need to be confident that any athletes entered are technically proficient (specialist Race Walk judges are used at the Championships), this year's Middle/Senior events will be over 3km.

FIELD EVENTS.

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

Javelin	=	Afan Nedd Tawe
High Jump	=	Cardiff & The Vale of Glamorgan
Pole Vault	=	Dyfed
Long Jump	=	Eryri
Triple Jump	=	Glamorgan Valleys
Shot Put	=	North East Wales
Discus	=	Powys
Hammer	=	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. There will be no limit to the length of the run-up in the Triple Jump, however athletes must be safe and competent in reaching the pit off a 7m board. **NO** 5m board will be made available.
8. There will be no call room for this event. **ALL** athletes are to report directly to their event site for warm up / warm up trials.
9. **ALL** Hammer and discus competitions will be held in the **OUTSIDE THROWS AREA**.
10. Junior Boys and Girls Hammer will be designated development events. School Districts can enter up to 2 boys/ 2 girls – there is no minimum standard.
11. 9mm spikes may be used for the High Jump. 6mm is the maximum allowed for all other events.
12. For health and safety reasons, poles will not be supplied to athletes in the Pole Vault Competitions. Please ensure that all competitors in this event bring their own pole. Please note there is a minimum opening height of 1.80m for all Pole Vault competitors. This will be a development event where Districts can enter up to 3 boys / 3 girls per age group, Districts are asked to use discretion in selection, please do not enter anyone unlikely to achieve the opening height.

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

SCHOOLS INTERNATIONAL ATHLETICS BOARD (SIAB) – TRACK & FIELD INTERNATIONAL CARMARTHEN LEISURE CENTRE TRACK SATURDAY 20TH JULY 2024

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 7th July after the Welsh Schools Track & Field Championships on Saturday 6th July 2024.

The International Selection Panel will comprise of:

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

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

- 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 6th July will gain automatic selection.
- The remaining team spaces will be selected on performances achieved between 1st April 2024 to 6th July 2024. 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. The panel will also consider quality of performance in each event discipline, if it is considered that athletes have not reached performance standards necessary for international representation then NOT ALL team spaces will be filled.

ATHLETE NOTIFICATION:

Selected athletes will be informed by e-mail no later than Monday 8th July 2024.

One non-traveling reserve will be contacted for each gender and for each 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: Random drug testing may take place at the Championships. District Secretaries are responsible for informing their athletes of this fact. UK Anti-Doping will also have a stand at this year's event as part of their education programme. Literature and advice will be available for athletes, parents, and coaches.

The following information will apply; 'All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the entrant is a citizen of, or resident in, the UK'.

Further information relating to the UKAD (United Kingdom Anti-Doping) Clean Sport Programme can be found here;

www.ukad.org.uk/athletes

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 Schools 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:

PERFORMANCE TEAM LEAD: Bethan Davies/ Rhys Williams

TEAM ADMINISTRATOR & LOGISTICS: Zane Maynard - zaneiswales@hotmail.com

TEAM SELECTION & COMPOSITION: TBC

LEAD TEAM MANAGER: Zane Maynard/Steve Jones

TEAM MANAGERS**BOYS.**

SPRINTS/HURDLES/RELAYS: Kevin Williams (Newport Harriers)

MIDDLE DISTANCE/ WALKS / SC: John Messum (Deeside AC)

ALL JUMPS: Phil Warwicker (Cardiff Archers)

THROWS: Lucy Griffiths (Haverfordwest High School)

GIRLS

SPRINTS/HURDLES/RELAYS Lisa Waddon (CM SPORTS ACADEMY)

MIDDLE DISTANCE/ WALKS / SC: Ffion Price (Ysgol Calon Cymru)

ALL JUMPS: Donna Welsh (Coleg Cambria)

THROWS: Lucy Griffiths (Haverfordwest High School)