

South Wales & East Wales combined Track & Field Championships 2010.

Saturday 8th May – Cardiff International Sports Stadium
Wednesday 12th May – Cardiff International Sports Stadium (800m U13 & U15 only)

AGE GROUPS

- U13 Athletes** – born on or between 01/09/97 - 31/08/99 - School year 6 & 7
- U15 Athletes** – born on or between 01/09/95 - 31/08/97 – School year 8 & 9
- U17 Athletes** – born on or between 01/09/93 - 31/08/95 – School year 10 & 11
- U20 Athletes** – born on or between 01/01/91 - 31/08/93 – School year 12 & 13 (U20 on 31st Dec 2010)
- Senior Athletes** – must be at least 20 on 31st Dec 2010 (masters compete as seniors)

REGIONAL ELIGIBILITY

By birth, Residence if they have been resident, (9 months) continuously in South Wales or East Wales since September 1st 2009 or **Service** - if they have served in a Unit of HM Forces stationed in the five administrative counties of South Wales or East Wales since September 1st 2009, **Retention** – if having qualified under (b) or (c), they retain the qualification until they acquire residential qualification and compete in the championships of another Welsh region or an English county **AND** They have not taken part in a different Welsh Regional or English County Championships and not represented another Welsh Region or and English County in an Inter Regional or Inter County event since October 1st 2009

CLOSING DATE **Friday 23rd April 2010. (No late entries accepted)**

CLOTHING In all events competitors must wear a vest of their first claim club, County, Regional, National or School.

EQUIPMENT Stadium blocks only to be used

INFORMATION A full entry list will be published of accepted athletes on the Welsh Athletics Website after the closing date along with a timetable.

ATHLETES NOTES

1. Athletes must report to registration desk 1 hour before their first Track or Field event
2. Competitors must report 20 minutes prior to the start of their event for Hurdles & Field, 15 minutes for Track.
3. Athletes must notify the registration desk / results if they wish to withdraw from an event
4. Event Entered. U13, U15 & U17 can enter as many as they wish but are only allowed to compete in 3 events maximum, U20 5 event Senior unlimited.
5. Field Event Trials. U13, U15 & U17 have only 3 trials, U20 and Senior will have 3+3, meaning 1 of the first 3 trials must be successful before having a 3 further trials.

ENTRY FEE

£2.00 for U13, U15 & U17 athletes first event **£1.00** for all other events
£3.00 for U20 & Senior athletes, **£1.50** for all other events

Confirmation of entry will be emailed - when supplied

Make Cheques Payable to S.W.R.A.C.	OR	Make cheques payable to E.W.R.A.C.
Entries to Darran Williams (SWR Champs) 21, Tygwyn Street Penydarren Merthyr Tydfil CF47 9LG		Entries to Mary Jones (EWR Champs) 9, Blaendare Road Pontypool Torfaen NP4 5RZ
<b style="color: red;">CLOSING DATE FRIDAY 23RD APRIL 2010		

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Events Available to Age Groups

U13 Girls	U13 Boys	U15 Girls	U15 Boys	U17 Women
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
800m*	800m*	300m	400m	300m
1500m	1500m	800m*	800m*	800m
70m hdl	75m hdl	1500m	1500m	1500m
High Jump	High Jump	75m hdl	3000m	3000m
Long Jump	Long Jump	1k walk	80m hdl	1.5k S/C
Shot Put	Shot Put	High Jump	1k walk	100m hdl
Discus	Discus	Pole Vault	High Jump	300m hdl
Javelin	Javelin	Long Jump	Pole Vault	1k walk
		Shot Put	Long Jump	High Jump
		Discus	Shot Put	Pole Vault
		Hammer	Discus	Long Jump
		Javelin	Hammer	Triple Jump
			Javelin	Shot Put
				Discus
				Hammer
				Javelin

U17 Men	U20 Women	U20 Men	Senior Women	Senior Men
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
400m	400m	400m	400m	400m
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
3000m	3000m	3000m	3000m	3000m
1.5k S/C	2.0k S/C	2.0k S/C	2.0k S/C	2.0k S/C
100m hdl	1k walk	1k walk	1k walk	1k walk
400m hdl	100m hdl	100m hdl	100m hdl	100m hdl
1k walk	400m hdl	400m hdl	400m hdl	400m hdl
High Jump	High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Discus	Discus	Discus	Discus	Discus
Hammer	Hammer	Hammer	Hammer	Hammer
Javelin	Javelin	Javelin	Javelin	Javelin

PLEASE NOTE

***Indicates the 800m event for U13 & U15 athletes will take part during the Cardiff AAC & Welsh Athletics Open Graded meeting on Wednesday 12th May**

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PROVISIONAL TIMETABLE.

**THIS TIMETABLE WILL CHANGE BEFORE THE CHAMPIONSHIP DAY.
FINALS WILL BE RUN AT HEAT TIME IF INSUFFICIENT NUMBERS HEATS**

TIME	Heats Final	EVENT	AGES	TIME	EVENT	AGES	
10.00	Final	1K Walk	U15 upwards	10.00	HT	U20M SM U20W SW	Inside cage
10.15	Final	400mHdl	U15B U17M U20M SM U20W SW	10.00	HT	U15B U17M U15G U17W	Outside cage
10.45	Final	3K	U17M U20M SM U17W U20W SW	11.30	HJ	U13G U15G U17W U20W SW	Bed 2
11.10	Final	300mHdl	U17W	11.30	LJ	U13G U15G	Pit 1
11.20	Heats	100m	Where required	12.00	SP	U20M SM U20W SW	Sp 2
11.50	Final	300m	U15G U17W	12.30	PV	U15B, U17M, U20M, SM	Male only
12.00	Final	100m	All age groups	12.45	DT	U13G U15G U17W	Outside cage
1.10	Final	1500m	All age groups	12.50	LJ	U17M U20M SM	Pit 2
2.20	Final	1.5k s/c	U17M(1 st), U17W (2 nd)	1.20	JT	U13G U15G U17W U20W SW	Jt 1
2.55	Final	2K s/c	U20M SM (1 st), U20W SW (2 nd)	2.00	SP	U13B U15B U17M	Sp 2
3.25	Heats	200m	Where required	2.00	LJ	U17W U20W SW	Pit 1
3.35	Final	800m	U20M SM	2.10	DT	U13B U15B U17M	Outside cage
3.45	Final	110mHdl	U20M SM	2:15	PV	U15G U17W U20W SW	Female only
3.50	Final	100mHdl	U17M U20W SW	2.20	HJ	U13B U15B U17M U20M SM	Bed 2
3.55	Final	800m	U17M	3.00	LJ	U13B U15B	Pit 2
4.00	Final	80mHdl	U15B U17W	3.45	JT	U13B U15B U17M U20M SM	Jt 1
4.10	Final	800m	U17W U20W SW	4.00	SP	U13GU15G U17W	Sp 2
4.15	Final	75mHds	U13B, U15G	4.00	DT	U20W SW, U20M, SM	Outside cage
4.25	Final	70mHds	U13G	4.00	TJ	U17W U20W SW	
4.30	Final	200m	All age groups	4.00	TJ	U17M U20M SM	

NB. Pole Vault is liable to change; the event may be split on Pb's dependant on entries

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ENTRY DETAILS

Please complete all spaces below – please print
Organisers will not be responsible for incorrect spelling of names

SURNAME	
FIRST NAME	
CLUB/SCHOOL	
DATE OF BIRTH	DD / MM / YYYY

AGE GROUPS

Please tick one box

U13G		U13B	
U15G		U15B	
U17W		U17M	
U20W		U20M	
SEN WOM		SEN MEN	

ADDRESS DETAILS – PLEASE PRINT

NUMBER / NAME	
STREET	
TOWN AREA	
TOWN	
POSTCODE	
No OF YEARS AT CURRENT ADDRESS	
PHONE NUMBER (HOME)	
PHONE NUMBER (MOBILE)	
EMAIL	
SIGNATURE (athletes U16 must have form signed by parent or guardian)	

PLEASE ENTER YOUR PB IN THE EVENT YOU ARE COMPETING

TRACK EVENTS		FIELD EVENTS	
100m	PB	HIGH JUMP	PB
200m	PB	POLE VAULT	PB
300m /400m	PB	LONG JUMP	PB
800m	PB	TRIPLE JUMP	PB
1500m	PB	SHOT	PB
3000m	PB	DISCUS	PB
1.5km/2.0km s/c	PB	HAMMER	PB
1k walk	PB	JAVELIN	PB
Sprint Hurdles	PB		
300m/400m Hurdles	PB		

PLEASE ONLY RETURN THIS FORM TO ENTRY ADMINISTRATORS