

Warwickshire County A.A.

Present an

U13/U15 Inter Counties Match

at the Pingles Stadium, Nuneaton
hosted by Nuneaton Harriers

on

Saturday 12th September 2009

(Held under UKA Rules)



We welcome all athletes, parents, coaches and officials and hope that the weather is kind to us and that everyone has a very enjoyable day.

AAA Standards badges and certificates
will be available throughout the meeting

OFFICIALS

Chief Starter	to be confirmed
Chief Marksman	to be confirmed
Chief Timekeeper	to be confirmed
Track Referee	to be confirmed
Field Referee	to be confirmed
Meeting Manager	Ray Morgan

Thanks to all counties taking part for supplying the necessary Officials to enable this fixture to take place.

ACKNOWLEDGEMENTS

We would like to thank:

- Medevent for providing medical support
- Nuneaton Harriers for acting as host on behalf of WCAA
- And everyone else involved with the success of the meeting.

COMPETITION NUMBERS

	A String	B String
Derbyshire	1	11
Humberside	2	22
Leicestershire&Rutland	3	33
Lincolnshire	4	44
Nottinghamshire	5	55
South Yorkshire	6	66
Warwickshire	7	77

PHOTOGRAPHY

To comply with UKA guidelines on child protection we ask that anyone wishing to use any form of photographic equipment (including mobile phones) at this meeting should first seek permission. Please report to the Club room to register your intentions. Thank you for your co-operation in this matter.

RULES

1. Ages as at 31st August 2009
2. Each competitor is limited to a maximum of 3 events. These can be 3 individual events or 2 individual plus 1 relay, and includes non-scoring events.
3. No athlete may compete in both the 800m & 1500m races on the same day – UKA rule 107.
4. Each county is allowed 2 competitors per event, except the relays.
5. Numbers must be worn front & back, with the exception of the High Jump where one number (front or back) must be worn.
6. Field events are limited to 3 trials per competitor, excepting the High Jump.
7. There will be separate A & B races, except for the 1500m.
8. Scoring as follows:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
A string	11	9	8	7	6	5	4
B string	8	6	5	4	3	2	1

Relays will score as B string

9. Minimum starting heights for High Jump as follows:

U13 Girls	1.15m
U13 Boys	1.20m
U15 Girls	1.25m
U15 Boys	1.35m

BEST PERFORMANCE TROPHIES

U13G Track	
U13G Field	
U13B Track	
U13B Field	
U15G Track	
U15G Field	
U15B Track	
U15B Field	

TEAM RESULTS

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	

TIMETABLE

Track Events				Field Events			
T1	12.30	70m Hurdles	U13G	F1	12.00	High Jump	U13G
T2	12.40	75m Hurdles	U13B	F2	12.30	Long Jump	U13B
T3	12.50	75m Hurdles	U15G	F3	12.30	Shot Put	U15G
T4	1.00	80m Hurdles	U15B	F4	12.30	Discus	U15B
T5	1.15	400m	U15B				
T6	1.25	100m	U13G	F5	1.00	High Jump	U15B
T7	1.35	100m	U13B	F6	1.30	Long Jump	U15G
T8	1.45	100m	U15G	F7	1.30	Shot Put	U13B
T9	1.55	100m	U15B	F8	1.30	Discus	U15G
T10	2.05	800m	U13G				
T11	2.20	800m	U13B	F9	2.15	High Jump	U15G
T12	2.35	800m	U15G	F10	2.30	Long Jump	U15B
T13	2.50	800m	U15B	F11	2.30	Shot Put	U13G
T14	3.10	200m	U13G	F12	2.30	Javelin	U15B
T15	3.20	200m	U13B				
T16	3.30	200m	U15G	F13	3.15	High Jump	U13B
T17	3.40	200m	U15B	F14	3.30	Long Jump	U13G
T18	3.50	1500m	U15G	F15	3.30	Shot Put	U15B
T19	4.00	1500m	U15B	F16	3.30	Javelin	U15G
T20	4.10	4x100m relay	U13G				
T21	4.15	4x100m relay	U13B				
T22	4.25	4x200m relay	U15G				
T23	4.35	Medley relay	U15B				

Times of events may vary.
Please listen for announcements.

The venue

The match will be host by Nuneaton Harriers at the Pingles Stadium in Nuneaton. The stadium has adequate toilets and rain cover and a refreshments bar manned by Harriers volunteers. A paramedic will be available in case of injuries.

Directions

Go to the Nuneaton Harriers web site (www.NuneatonHarriers.org.uk or use the link from the WCAA site), select "contact us" and click on "Multimap" to see where the track is. Those people who have SatNav can navigate to the postcode of CV11 4LX.

Those still using maps and coming from the south should approach using the A444. Continue until a roundabout with a railway bridge above it and an exit onto the A4254. Turn right onto the A4354. If coming from the north you should also approach using the A444 until you reach the roundabout with the railway bridge but this time exit left onto the A4354. The Pingles is about half a mile down the A4354 on the left hand side at the first set of traffic lights.

There is ample car and coach parking.

Team Managers

When you arrive you will be given an envelope with

- two sets of numbers (for the A athletes and the B athletes)
- some pins for the athletes
- some programmes (which include the timetable) for the athletes and their supporters.
- Some tea tickets for yourself and your technical officials

Each County should provide the meeting with a track judge, a timekeeper and a field events team. You will be told which events your field team have been allocated nearer the date.

Please try and send your declaration sheets by Thursday 10th September to the meeting manager, Ray Morgan, at Ray.Morgan1@Btinternet.com or 52 Golf Lane, Leamington Spa, CV31 2PT

The recorders prefer that you use the spreadsheet sent separately because it saves them time but it is not a problem if you prefer paper. If you have any changes after you have sent the declaration sheets (or even on the day) tell the recorders at Nuneaton when you arrive.

Athletes

AAA Standards Certificates and badges will be available. The certificates are free but you have to pay for the badges.

Any questions?

Mail the meeting organiser at Ray.Morgan1@btinternet.com

U13/U15 Inter County Match, Saturday 12th September 2009

The Pingles Stadium, Nuneaton

County:

U 13 Girls		
Event	A String	B String
70 m H		
100 m		
200 m		
800 m		
4 x 100 m Relay		
HJ		
LJ		
SP		

U 15 Girls		
Event	A String	B String
75 m H		
100 m		
200 m		
800 m		
1500 m		
4 x 200 m Relay		
HJ		
LJ		
SP		
DT		
JT		

U13/U15 Inter County Match, Saturday 12th September 2009

The Pingles Stadium, Nuneaton

County:

U 13 Boys		
Event	A String	B String
75 m H		
100 m		
200 m		
800 m		
4 x 100 m Relay		
HJ		
LJ		
SP		

U 15 Boys		
Event	A String	B String
80 m H		
100 m		
200 m		
400 m		
800 m		
1500 m		
Medley Relay	100m	
	200m	
	300m	
	400m	
HJ		
LJ		
SP		
DT		
JT		