

SOMERSET SCHOOLS ATHLETIC ASSOCIATION



www.somersetschoolsathletics.org.uk

Senior Team Manager

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25 February 2019

Dear Colleague,

I am very pleased to enclose details of the **2019 Somerset Combined Events and Race Walking Championships** which will be organised by the Somerset Schools' AA and the Somerset County AA. Dorset will hold their County Combined Events Championships within the meeting.

The Championships will be held at **MILLFIELD SCHOOL, STREET, BA16 0DF**, on **Saturday 27 April** and **Sunday 28 April** and will include Under-13 (Year 7) events, as usual. The **Under-13 Boys' Quadrathlon** and the **Junior Boys' (Under-15) Pentathlon** will take place on the **Saturday** only, with the **Under-13 Girls' Quadrathlon** and the **Junior Girls' (Under-15) Pentathlon** taking place on the **Sunday**. All the Race Walks (entry fee = £1.00) will take place on the **Sunday**.

NB: Numbers of competitors in the Quadrathlons and Pentathlons in recent years have become almost unmanageable due to the popularity of the event. Regrettably therefore, it has become necessary to limit each school and club to a maximum of 4 athletes in each of the Quadrathlons and Pentathlons.

The meeting will commence at **10.30am** on each day, and a detailed timetable will be sent to all competing clubs and schools once entries have closed and the programme has been compiled.

The age groups basically correspond to school years, and these are:

Year 7 (Under-13 on 1.9.19) – Under-13 Boys and Under-13 Girls (Quadrathlon).

Years 8 and 9 (Under-15 on 1.9.19) - Junior Boys and Junior Girls (Pentathlon).

Years 10 and 11 (Under-17 on 1.9.19) - Intermediate Boys (Octathlon) and Intermediate Girls (Heptathlon).

Years 12 and 13 (Under-19 on 1.9.19) - Senior Boys (Decathlon) and Senior Girls (Heptathlon). (Inc. U-20s on 31-12-19).

Senior Men (Decathlon) and Senior Women (Heptathlon).

Hot and cold refreshments will be available at the track but athletes may wish to bring their own packed food and drinks.

We know that EVERY SCHOOL AND CLUB IN SOMERSET has talented youngsters who would thoroughly enjoy the chance of multi-events competition, so please give the Championships every consideration.

Some schools and colleges have NEVER entered this meeting so their athletes have been denied the chance of representing Somerset at South-West Inter-County level as detailed below.

The meeting will be used as part of the **selection process** for the Somerset Schools' AA team for the South-West Regional Combined Events and Race Walking Championships to be held at Exeter Arena on Saturday 22 June and Sunday 23 June, so **it is vital that we see all our potential Combined Eventers and Race Walkers at Millfield School.**

The closing date for entries is **Friday 29 March** and the following fees must be included with all entries:

Combined Events Competitions	Somerset entries	Dorset entries	Guest entries
1-day competitions - Quadrathlon; Pentathlon	£8.00	£10.00	£10.00
2-day competitions - Heptathlon; Octathlon; Decathlon	£10.00	£15.00	£20.00

Please make all cheques payable to "Somerset Schools' AA". The early closing date may appear to be a problem **but substitutions can be made after 29 March (and even on the day of competition)** if you discover talented athletes later.

Please do not hesitate to contact me if you would like further information on any of these details:

Home - 01963 33167 or richard@rbowden.eclipse.co.uk

Please visit somersetschoolsathletics.org.uk for details of all our activities.

Sincerely,

RICHARD BOWDEN
(Meeting Organiser)

SOMERSET SCHOOLS' AA / SOMERSET COUNTY AA COMBINED EVENTS AND RACE WALKING CHAMPIONSHIPS

**SATURDAY 27 APRIL AND SUNDAY 28 APRIL 2019
MILLFIELD SCHOOL, STREET**

COMBINED EVENTS COMPETITIONS

Under-13 Girls (Under-13 on 1.9.19) **MAXIMUM 4 ATHLETES PER SCHOOL / CLUB**
Quadrathlon - 100m, Shot, Long Jump, 800m **(NB Sunday only)**

Junior Girls (Under-15 on 1.9.19) **MAXIMUM 4 ATHLETES PER SCHOOL / CLUB**
Pentathlon - 75m Hurdles, Shot, High Jump, Long Jump, 800m **(NB Sunday only)**

Intermediate Girls (Under-17 on 1.9.19)
Heptathlon - 80m Hurdles, High Jump, Shot, 200m **(Saturday)**
Long Jump, Javelin, 800m **(Sunday)**

Senior Girls + Senior Women (Over-17 on 1.9.19) **(Under-20s on 31.12.19 may compete in this age group)**
Heptathlon - 100m Hurdles, High Jump, Shot, 200m **(Saturday)**
Long Jump, Javelin, 800m **(Sunday)**

Under-13 Boys (Under-13 on 1.9.19) **MAXIMUM 4 ATHLETES PER SCHOOL / CLUB**
Quadrathlon - 100m, Shot, Long Jump, 800m **(NB Saturday only)**

Junior Boys (Under-15 on 1.9.19) **MAXIMUM 4 ATHLETES PER SCHOOL / CLUB**
Pentathlon - 80m Hurdles, Shot, Long Jump, High Jump, 800m **(NB Saturday only)**

Intermediate Boys (Under-17 on 1.9.19)
Octathlon - Long jump, Discus, Javelin, 400m **(Saturday)**
100m Hurdles, High Jump, Shot, 1500m **(Sunday)**

Senior Boys (Under-19 on 1.9.19) **(Under-20s on 31.12.19 may compete in this age group)**
Decathlon - 100m, Long Jump, Shot, High Jump, 400m **(Saturday)**
110m Hurdles, Discus, Pole Vault, Javelin, 1500m **(Sunday)**

Senior Men (Over-20 on 31.12.19)
Decathlon - 100m, Long Jump, Shot, High Jump, 400m **(Saturday)**
110m Hurdles, Discus, Pole Vault, Javelin, 1500m **(Sunday)**

RACE WALK COMPETITIONS - All on Sunday

Under-13 Girls (Under-13 on 1.9.19)	1,000m
Junior Girls (Under-15 on 1.9.19)	3,000m
Intermediate Girls (Under-17 on 1.9.19)	3,000m
Senior Girls/Women (Over-17 on 1.9.19)	5,000m
Under-13 Boys (Under-13 on 1.9.19)	1,000m
Junior Boys (Under-15 on 1.9.19)	3,000m
Intermediate Boys (Under-17 on 1.9.19)	5,000m
Senior Boys/Men (Over-17 on 1.9.19)	5,000m

Entries to: Mr Richard Bowden, 6 Rickhayes, Wincanton, Somerset, BA9 9BH.

Closing Date: Friday 29 March 2019.

Entry Fees: £8.00 or £10.00 per competitor (Quadrathlon, Pentathlon); £10.00, £15.00 or £20.00 per competitor (Heptathlon, Octathlon, Decathlon); £1.00 per competitor (Race Walks) – please see notes over-page.

All cheques (payable to "Somerset Schools' AA") to accompany entries.

SOMERSET SCHOOLS' AA / SOMERSET COUNTY AA COMBINED EVENTS AND RACE WALKING CHAMPIONSHIPS

**SATURDAY 27 APRIL AND SUNDAY 28 APRIL 2019
MILLFIELD SCHOOL, STREET**

Entry form from: (School/Club)

Email contact:

Telephone number for emergency contact:

First Name & Surname	Date of Birth	Age Group (U-13B JB, IG, SM etc)	Competition (Pentathlon, Heptathlon, Race Walk etc)

I enclose the following Combined Events entry fees (numbers in each category):

..... @ £8.00 per athlete. @ £10.00 per athlete. @ £15.00 per athlete. @ £20.00 per athlete.

I enclose the following Race Walk entry fees: @ £1.00 per athlete.

- a total of £..... (cheques payable to Somerset Schools' AA).

Signed: Date:

Name (please print):

Closing date for entries: Friday 29 March 2019

Entry forms (with fees) to: Mr Richard Bowden, 6 Rickhayes, Wincanton, Somerset,

JUNIOR GIRLS' PENTATHLON – 'ENTRY STANDARDS'

Over the past 3 years we have received 55, 74 and 63 entries in the Junior Girls' Pentathlon so, in order to ensure that numbers are manageable in this competition, the Somerset Schools' AA Executive Committee agreed last year that I should give you certain guidelines which should help when you are considering your **Year 8 and 9 JG Pentathlon entries**. The athletes do not have to have achieved each of the marks listed below but these performances would score about 1800 points for a Year 8 Junior Girl (finishing around 30th in the 2017 and 2018 competitions) and about 2000 points for a Year 9 Junior Girl (finishing around 25th in the 2017 and 2018 competitions):

<u>YEAR 8 GIRLS</u>	<u>EVENT</u>	<u>YEAR 9 GIRLS</u>
14.50	75m Hurdles	14.10
6m80	Shot	7m00
1m25	High Jump	1m30
3m90	Long Jump	4m10
2:55	800m	2:50

I'm sure you'll understand our motives here – **it might just mean you enter 2 or 3 athletes instead of the permitted 4**. Although we don't wish to deny keen young athletes the chance to compete, the Somerset Championships should not be viewed as a 'come and try it' competition if an athlete has never experienced Hurdles or High Jump for example, or has never run 800m.

**SOMERSET SCHOOLS' AA / SOMERSET COUNTY AA
COMBINED EVENTS AND RACE WALKING
CHAMPIONSHIPS**

PLEASE NOTE

**THE ENTRY FEES FOR DORSET COMPETITORS AND OTHER
GUESTS AT THE 2019 CHAMPIONSHIPS HAVE BEEN HELD AT:**

**1-DAY EVENT (QUADRATHLON, PENTATHLON)
= £10.00 (DORSET AND OTHER GUESTS)**

**2-DAY EVENT (OCTATHLON, HEPTATHLON, DECATHLON)
= £15.00 (DORSET); £20.00 (OTHER GUESTS)**

RACE WALKS (ALL AGE GROUPS) = £1.00