

FIELD EVENTS – 2026

LONG THROWS ARE INSIDE THE TRACK AT OPPOSITE ENDS OF THE ARENA

Safety is of utmost importance as always

RISK ASSESSMENT: Every effort has been made to contrast throwing abilities at opposite ends of the arena while Long Throws Events are taking place at the same time eg IG-Discus/JB-Javelin

Event start time	Events and age groups NB Warm up will take place before the event start time. Please listen carefully to announcements so that you do not miss your event or the warm up.					
11.30 am	Hammer – JG, IG, SG (warm-up 11am) 12.15pm: JB, IB					
	Pole Vault - JG, IG, JB, IB					
12.00noon (except Discus)	IB High Jump	JB Shot	IG Long Jump	IB- 1.00pm Discus		IG Javelin
1.15pm (except Discus)	JG High Jump	IG Shot	JB Long Jump	JB- 1.45pm Discus	IB Triple Jump	JG Javelin
2.15pm (except Discus)	IG High Jump	IB Shot	JG Long Jump	JG- 2.45pm Discus	JB Triple Jump	IB Javelin
3.15pm (except Discus)	JB High Jump	JG Shot	IB Long Jump	IG- 3.30pm Discus	IG Triple Jump	JB Javelin

Entries

Athletes in the Junior and Intermediate age groups are allowed to enter 2 individual events plus one relay. Seniors should only be entered if the Team Manager needs to see them regarding a qualifying performance for the ESAA TF Championships. The Inter-Counties Meeting is a Junior and Intermediate team event. Guest entries are at the discretion of the organisers. Please inform Northumberland Schools AA prior to the day of the meeting as there is a knock-on effect for lanes on the track and timings for field events – Paul Ponton paul.ponton@btinternet.com

Field Events

All athletes will have 4 attempts where time permits, except 3 attempts at Hammer in event of a large entry, and **GIRLS ONLY should report at 11am**. Warm up is at the discretion of the lead official.

Pole Vault – starting height will be decided on the day, depending upon the standard of the athletes.

High Jump – The bar shall be raised first by increments of 5cm until 6cms below ES, then 3cms increments.

Triple Jump – JB (**Y9 only**), IG, SG 9m & 11m boards; IB, SB 11m & 13m boards

Competitors shall elect to take off from either board and having so elected shall continue to do so throughout the competition, unless, in the opinion of the judges, their selection constitutes a safety hazard.

Competition Numbers

NSAA will provide 100 of each number, and designated triple numbers for Seniors & Guests.

Please bring your own safety pins, 4 per number, one safety pin in each corner.

Track – numbers to be worn front and back.

Field – numbers to be worn on front only, (or back if preferred at PV)

Guests

Any Inter & Junior guests wearing triple numbers will be ranked normally in the results, but will not score any points towards the team competition. **If they come in the Top 3 they will receive a certificate.**

Presentation National Dairy Council Trophy for Intermediate/Junior competition winners.