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| Inter-counties Track & Field Championships  Saturday 16 June 2018  Gateshead Stadium | | | | | | | | | | |
| **TRACK EVENTS – Start 12 Noon** | | | | | | | | | | |
| No | Event | Age Group | Heat 1  Lane Order | | | | Heat 2  Lane Order | | | |
| T1 | 300m Hurdles | Inter Girls | N | CL | CU | D | N | CL | CU | D |
| T2 | 400m Hurdles | Inter Boys | D | CU | CL | N | D | CU | CL | N |
| T3 | **3000m** | Inter Girls | CU | D | N | CL | CU | D | N | CL |
| T4 | 100m | Junior Girls | D | CU | CL | N | D | CU | CL | N |
| T5 | 100m | Junior Boys | N | D | CU | CL | N | D | CU | CL |
| T6 | 100m | Inter Girls | CL | N | D | CU | CL | N | D | CU |
| T7 | 100m | Inter Boys | CU | CL | N | D | CU | CL | N | D |
| T8 | 800m | Junior Girls | D | N | CL | CU | D | N | CL | CU |
| T9 | 800m | Junior Boys | CU | D | N | CL | CU | D | N | CL |
| T10 | 800m | Inter Girls | N | CL | CU | D | N | CL | CU | D |
| T11 | 800m | Inter Boys | CL | CU | D | N | CL | CU | D | N |
| T12 | **3000m** | Inter Boys | CU | D | N | CL | CU | D | N | CL |
| T13 | 200m | Junior Girls | D | N | CL | CU | D | N | CL | CU |
| T14 | 200m | Junior Boys | CL | CU | D | N | CL | CU | D | N |
| T15 | 200m | Inter Girls | D | N | CL | CU | D | N | CL | CU |
| T16 | 200m | Inter Boys | CU | CL | D | N | CU | CL | D | N |
| T17 | 1500m | Junior girls | D | N | CL | CU | D | N | CL | CU |
| T18 | 1500m | Junior Boys | N | CL | CU | D | N | CL | CU | D |
| T19 | 1500m | Inter Girls | CL | CU | D | N | CL | CU | D | N |
| T20 | 1500m | Inter Boys | CU | D | N | CL | CU | D | N | CL |
| T21 | 75m Hurdles | Junior Girls | D | N | CL | CU | D | N | CL | CU |
| T22 | 80m Hurdles | Inter Girls | CL | CU | D | N | CL | CU | D | N |
| T23 | 80m Hurdles | Junior Boys | N | D | CL | CU | N | D | CL | CU |
| T24 | 100m Hurdles | Inter Boys | CL | CU | D | N | CL | CU | D | N |
| T25 | 300m | Junior Girls | N | CU | CL | D | N | CU | CL | D |
| T26 | 300m | Inter Girls | CU | N | D | CL | CU | N | D | CL |
| T27 | 300m | Junior Boys | D | CL | N | CU | D | CL | N | CU |
| T28 | **400m** | Inter Boys | CL | D | CU | N | CL | D | CU | N |
| T29 | 1500m Steeplechase | Inter Boys | CL | D | CU | N | CL | D | CU | N |
| T30 | 1500m Steeplechase | Inter Girls | CU | D | N | CL | CU | D | N | CL |
| T31 | Relay | Junior Girls | CU | D | N | CL |  |  |  |  |
| T32 | Relay | Junior Boys | D | N | CL | CU |  |  |  |  |
| T33 | Relay | Inter Girls | N | CL | CU | D |  |  |  |  |
| T34 | Relay | Inter Boys | CL | CU | D | N |  |  |  |  |

**PTO for Field Events (not finalised yet)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **FIELD EVENTS**  **All throws will take place on the outside throws field, behind the stadium.**  **There are no toilets or shelter in this area.**  **Please allow plenty of time to walk over to the outside throws areas in order for the events to run on time.**  **Thank you.**  **DCSAA** | | | | | | |
| **Event start time**  NB Warm up will take place before the event start time. | **Events and age groups** | | | | | |
| **11.30 am** | Hammer – JG, IG, JB, IB | | | | | |
| Pole Vault - JG, IG, JB, IB | | | | | |
|  | | | | | | |
| **12.30 noon** | **IB**  High Jump | **JB**  Shot | **IG**  Long Jump | **IB**  Discus |  | **JG**  Javelin |
|  | | | | | | |
| **1.30 pm** | **JG**  High Jump | **IG**  Shot | **JB**  Long Jump | **JG**  Discus | **IB**  Triple Jump | **IB**  Javelin |
|  | | | | | | |
| **2.30 pm** | **IG**  High Jump | **IB**  Shot | **JG**  Long Jump | **IG**  Discus | **JB**  Triple Jump | **JB**  Javelin |
|  | | | | | | |
| **3.30 pm** | **JB**  High Jump | **JG**  Shot | **IB**  Long Jump | **JB**  Discus | **IG**  Triple Jump | **IG**  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 performance as the Inter-Counties is a Junior and Intermediate event.

Guest entries are at the discretion of the organisers. Please inform Durham County 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 – Mr M Howard mikewallyhoward@gmail.com

Field Events

All athletes will have 4 attempts apart from HJ and PV. As time allows, 2 warm up attempts will be given.

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

ESAA rules apply for:

High Jump – The bar shall be raised first by 2 increments of 5cm and then by increments of 3 cms.

Triple Jump - JB, 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

DCSAA will provide numbers for each athlete. Collect numbers when Team Manager registers their team.

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 on front and back, except HJ and PV.