



# NORTHUMBERLAND SCHOOLS' ATHLETIC ASSOCIATION

PJ Ponton Athletics Secretary The Old Vicarage, South House, Corbridge. NE45 5DR  
email [paul.ponton@btinternet.com](mailto:paul.ponton@btinternet.com) mob 07747 791732

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## Year 7 - Track & Field School Team Competition 2023

Wentworth Leisure Centre, Hexham – Monday 19 June from 1pm

(PARKING: White Bays –free / Blue Bays –disk parking / 4 hours) nb.Disks cost £1 at Leisure Centre or Waitrose

### Dear Colleague

This is an invitation to take part in Year 7 Boys & Year 7 Girls Team Competitions on Monday 19 June.

#### Competition / Coaching:

Track – starting procedures will be explained / practice allowed at hurdles / no relay take-over zones

Field – 3 attempts unless no performance has been achieved, then an extra attempt will be allowed

High Jump – 7 attempts (unless there are 3 successive failures)

Officials will explain rules and highlight any problems.

Teachers may help athletes at events as they proceed.

#### Team Competitions: (Boys & Girls separate)

Track: Hurdles, 100m, 200m, 800m, 1500m, Relay (Boys, Girls & Mixed)

Field: High Jump, Long Jump, Shot, Discus, Javelin

**Entries: 2 athletes per event. AN ATHLETE may enter a maximum of .... 1 TRACK, 1 FIELD & 1 RELAY**

#### Scoring:

This will be performance based using the ESAA TF Schools' Cup scoring tables, and will be made available to you.

#### Specifications:

	Shot	Discus	Javelin
Y7 Boys	3.00k	1.0k	400gm
Y7 Girls	2.72k	0.75k	400gm

<b>Y7 Boys</b>	<b>75m Hurdles</b>	68.5cm	8	11.5m	7.5m	11.0m
<b>Y7 Girls</b>	<b>70m Hurdles</b>	68.5cm	8	11.0m	7.0m	10.0m

#### Awards:

Best Athlete medals awarded to best performance from a boy and a girl.

Top three performances in each event will be awarded certificates at their event.

Top three schools, both boys and girls competitions, will be emailed team certificates.

**ENTER NOW!** – email [paul.ponton@btinternet.com](mailto:paul.ponton@btinternet.com) indicating if you are bringing Boys and/or Girls team(s).

**Only a maximum of 8 teams, in both boys and girls competitions, will be accepted on a first come first served basis. Programme will be available as soon as entries close, and no later than Monday 12 June.**

**ENTRY DEADLINE - FRIDAY 09 JUNE 2023 SUBJECT TO AVAILABILITY**

Paul Ponton

[www.northumberlandschoolsathletics.co.uk](http://www.northumberlandschoolsathletics.co.uk)