

## FIELD EVENTS

**ALL THROWS will now 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.  
Exit stadium main entrance and turn left to go past the college following high fence to the Throws field.**

<b>Event start time</b>	<b>Events and age groups</b> 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.					
<b>11.30 am</b>	Hammer – JG, IG, SG (warm-up 11am)			<b>12.15pm: JB, IB</b>		
	Pole Vault - JG, IG, JB, IB					
<b>12.00noon</b> (except Discus)	<b>IB</b> High Jump	<b>JB</b> Shot	<b>IG</b> Long Jump	<b>IB- 1.00pm</b> Discus		<b>JG</b> Javelin
<b>1.15pm</b> (except Discus)	<b>JG</b> High Jump	<b>IG</b> Shot	<b>JB</b> Long Jump	<b>JG- 1.45pm</b> Discus	<b>IB</b> Triple Jump	<b>IB</b> Javelin
<b>2.15pm</b> (except Discus)	<b>IG</b> High Jump	<b>IB</b> Shot	<b>JG</b> Long Jump	<b>IG- 2.45pm</b> Discus	<b>JB</b> Triple Jump	<b>JB</b> Javelin
<b>3.15pm</b> (except Discus)	<b>JB</b> High Jump	<b>JG</b> Shot	<b>IB</b> Long Jump	<b>JB- 3.30pm</b> Discus	<b>IG</b> Triple Jump	<b>IG</b> 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 their performance as the Inter-Counties is a Junior and Intermediate 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](mailto:paul.ponton@btinternet.com)

### Field Events

All athletes will have 4 attempts where time permits, except 3 attempts at Hammer because 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, 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 HJ/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.