North Yorkshire Schools Athletics 2021 – Sunday 13 June, York University Track YO10 5NA

11.30 to 4pm. Age Groups Junior (usually Year 8 and 9), Inter (usually Year 10 and 11), Senior.

Event information and entry link on [www.nysaa.org.uk](http://www.nysaa.org.uk)

Entries will have to be limited for venue capacity. Entry standard guide on website.

One parent/carer per household. Attendance registration info will be on the website.

Entry fee will be £3 for entry to one event and £5 for multiple events. To be paid in cash on the day when numbers are collected. Please bring the correct money.

Juniors – sprint hurdles, 100, 200, 300, 800, 1500, high jump, long jump, shot, javelin, discus,

 hammer, boys triple jump.

Inters and Seniors – sprint hurdles, 300 / 400 hurdles, 100, 200, 300 / 400, 800, 1500, 3000,

 high jump, long jump, triple jump, shot, javelin, discus, hammer, girls’ steeplechase.

Possibly Pole Vault if requested

Timetable will be on website, and final entry lists.

It will allow 100 / 200, 200 / 300, 400, and 800 / 300, 400 doubles.

Unlikely to be possible to combine 1500 with another run.

If events not filled by evening of Sunday 6th, entry guides might be eased. Check website.

Enquiries to davepaver@hotmail.com

Entry guide

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Year 8 and 9 | Year 10 and 11 | Year 8 & 9 | Year 10 and 11 |
|  | Junior Boys | Inter Boys | Junior Girls | Inter Girls |
| 100 | 12.7 | 12.2 | 13.7 | 13.5 |
| 200 | 26.0 | 25.0 | 28.2 | 28 |
| 300/400 | 44.0 | 57 | 47.0 | 46 |
| 800 | 2m 22 | 2m 15 | 2m 36 | 2m 35 |
| 1500 | 4m 55 | 4m 40 | 5m 20 | 5m 20 |
| 3000 | xxx | 10m 30 | xxx | 11m 30 |
| Sp hurd | 14.5 | 16.5 | 13.5 | 15.0 |
| Long hurd | xxx | any | xxx | any |
| High Jump | 1.45 | 1.50 | 1.40 | 1.40 |
| Long Jump | 5.00 | 5.40 | 4.40 | 4.60 |
| Triple Jump | 9.50 | 10.50 | xxx | 9.00 |
| Discus | 24 | 25 | 17 | 20 |
| Javelin | 28 | 32 | 20 | 25 |
| Shot | 9.00 | 9.00 | 8.00 | 8.00 |
| Hammer | 20 | 22 | 20 | 20 |
|  |  |  |  |  |
| For Seniors - Year 12 and 13, same as Inters. Bit less for throws if heavier weight. |