



## North Yorkshire Schools Athletics Summer 2026

**Please note that to be selected for the ESAA Nationals Championships, athletes must compete at the NYSAA County Championships on Saturday 6<sup>th</sup> June. The only exception are those athletes competing at the Northern Championships on the same weekend. Failure to follow this will likely result in non-selection for the Nationals.**

### County Athletics Championships

Saturday 6<sup>th</sup> June, York University Track, YO10 5NA 12.00pm to 4.45pm. Hammer and Pole Vault from 11.40am. Medals are presented to the first three athletes in each event and age group. They must also collect a letter as the first two athletes in the Juniors and Inters will represent NY the following week at the Inter Counties match. The 3<sup>rd</sup> placed athlete will be the reserve.

Age groups depend on date of birth, but “usual” Year Groups are given. Check for athletes in unusual school years. Junior = Year 8 and 9, U15, Inter = Year 10 and 11, U17, Senior = Year 12 and 13, U19.

**Hurdles Only** – Under 14 = Year 8, Under 16 = Year 9 and 10, Under 18 = Year 11 and 12, Under 20 = Year 13

Entries must be submitted by Area Team Managers on the appropriate Excel spreadsheet which will be sent out to them. The deadline must be adhered to. No entries from parents, coaches, or teachers in general.

Ideally, districts will hold trials prior to the County Championships. However, if this is not the case Team Managers should carefully consider their selection policy. We very much promote inclusivity, however, athletes attending the County Championships should have trained and competed in their chosen events.

Entry standards guide is below.

Maximum 3 events per athlete. Juniors can not run 800 and 1500m, we advise no one runs 2 distance races.

No Year 8 Boys in the Triple Jump. There is no Triple Jump for Year 8 or 9, Junior Girls.

Hurdles will be run in the new even age groups. U14 Y8, U16 Y9 & Y10, U18 Y11 & Y12, U20 Y13. This is the same as club events. Please ensure that you are aware of the hurdle’s heights and distances for each age group.

Throws weights are the same as last year. But for some Year Groups are different to club events.

The timetable below is last years and subject to change when entry numbers are collated.

Track events will follow the order and are unlikely to change.

Field will mostly follow the order; entry numbers may affect which ages can be combined.

	Junior Boys	Inter Boys	Junior Girls	Inter Girls
100	12.8	12.3	14.0	13.5
200	26.5	25.2	29.0	28.2
300/400	44.0	58	47.0	46

800	2m 25	2m 16	2m 38	2m 36
1500	5m 00	4m 40	5m 30	5m 25
3000	xxx	10m 30	xxx	11m 20
Sp hurd				
High Jump	1.35	1.50	1.30	1.35
Long Jump	4.70	5.30	4.30	4.60
Triple Jump	9.50	10.50	xxx	9.00
Discus	24	24	17	18
Javelin	27	32	20	23
Shot	8.50	9.00	7.50	8.00
Hammer	22	22	20	20

Pole Vault, Hurdles, Steeplechase - any

For Seniors - Year 12 and 13, same as Inters. Bit less for throws if heavier weight.

Timetable First draft April 2026. Check for updates

Track is time gun goes, report to the start 10 mins before

Field is time to report to site. 4 trials

12.00	400 hurdles	all		11.40	Pole Vault	All
12.10	300m Hurdles	9 & 10 Boys & Girls		11.40	Hammer	All
12.20	100m	Junior Girls	Heats	12.00	Long Jump	Senior + Inter Boys
	100m	Junior Boys	Heats	12.00	High Jump	Senior + Inter Girls
12.30	100m	Inter Girls	Heats			
	100m	Inter Boys	Heats	12.30	Discus	All Boys
	100m	Senior Boys	Final			
12.55	300m	Junior Girls		12.50	Long Jump	Senior + Inter Girls
	300m	Inter Girls				
	300m	Junior Boys				
	400m	IB, SB, SG		1.20	Discus	All Girls
1.25	All 3000m					
1.45	75m Hurdles 68cm	Year 8 Girls				
	80m Hurdles 76cm	Year 8 Boys		1.50	Long Jump	Junior Girls
	80m Hurdles 76cm	9 & 10 Girls		2.00	High Jump	All Boys
	100m Hurdles 76cm	11 & 12 Girls		2.00	shot	All Boys
	100m Hurdles 83cm	9 & 10 Boys				
	100m Hurdles 83cm	Year 13 Girls				
	110m Hurdles 91cm	11 & 12 Boys				

	110m Hurdles 99cm	Year 13 Boys				
				2.20	Javelin	All Girls
2.30	100m	Junior Girls	Final			
	100m	Junior Boys	Final			
	100m	Inter Girls	Final			
	100m	Inter Boys	Final	2.50	Triple Jump	Senior + Inter Boys
2.50	1500m	Inter Sen Girls				
	1500m	Junior Girls				
3.05	1500m	Junior Boys				
	1500m	Inter Snr Boys		3.15	Shot	All Girls
				3.15	High Jump	Junior Girls
3.30	200m	Junior Girls		3.20	Javelin	All Boys
	200m	Junior Boys		3.30	Triple Jump	Inter Girls, Year 9 Boys
	200m	Inter Snr Girls				
	200m	Inter Snr Boys			to arrange	
3.55	Steeplechase	Inter Girls 2ft 6			Long Jump	Junior Boys
					Throws	Jav, Discus, Shot & Ham
4.10	800m	Junior Girls			weights	
	800m	Inter Sen Girls			Junior Boys	600g, 1.25k, 4k
4.20	800m	Junior Boys			Inter Boys	700g, 1.5k, 5k
	800m	Inter Snr Boys			Senior Boys	800g, 1.75k, 6k
4.35	Steeplechase	Boys			Junior Girls	500g, 1k, 3k
4.45	RELAY	Junior Girls			Inter Girls	500g, 1k, 3k
	RELAY	Inter Girls SG			Senior Girls	600g, 1k, 4k
	RELAY	Junior Boys				
	RELAY	Inter Boys SB				

### **Inter County Athletics Match**

Saturday 13<sup>th</sup> June 2026. Hexham 11.30am.

All athletes in the Junior and Inter age groups who come 1<sup>st</sup> and 2<sup>nd</sup> at the County Champs will be invited to represent North Yorkshire in the Inter Counties match v, Durham, Northumberland, Cleveland and Cumbria. Selected athletes will need to register their availability using a QR code which will be on the letter they will be given at the medal presentation after their event at York.

We are the current champions and would want to retain the title. Competing enables athletes to purchase their county vest and will have access to other county kit, via our online shop at Halbros.

Seniors may compete but by request only on an individual basis.

Parents will need to transport athletes to Hexham; North Yorkshire team managers will manage athletes on arrival.

Team Managers will be Andrew Rickard and Julie Mastrolonardo.

### **ESAA National Athletics Championships**

Friday 10<sup>th</sup> & Saturday 11<sup>th</sup> July 2026. All 40 selected athletes will travel on the team bus on Thursday 9<sup>th</sup> July, departing North Yorkshire early afternoon, and stay for two nights in the team hotel on Thursday 9<sup>th</sup> & Friday 10<sup>th</sup>

July. The cost of attending the Nationals must be borne by parents, however, the athlete's school should be approached for financial support.

Athletes must attain the ESAA entry standard to be selected. If 40 athletes do not attain the entry standard, the next best athletes will be selected. However, please note that attaining the standard does not guarantee selection as there are other factors to consider.

All athletes wanting to be selected the ESAA Nationals must inform Dave Paver [davepaver@hotmail.com](mailto:davepaver@hotmail.com) and Andrew Rickard [andrewrickard67@hotmail.com](mailto:andrewrickard67@hotmail.com) if they have attained the ESAA entry standard or are close to the standard for an event. We keep a close eye on results but do not see all results. Please note that entry standards must be achieved at recognised events.

Team managers will be Andrew Rickard, Alastair Scholey, Steph Hopkin +AN Other.

### **Additional Information**

In club athletics, some hurdles and throws details have changed.

For hurdles, English Schools and North Yorkshire Schools have changed as well as per the information above.

For throws, English Schools and North Yorkshire Schools have not changed this year but will next year.

You won't need any different equipment or track markings.

If you do hurdles with good club athletes, use the new specifications as all their races will use this.

If you do hurdles with non-club athletes, use whatever you like. If unsure use the lower / closer together option.

For throws, where there are differences between club and North Yorkshire Schools, the club ones are usually "lighter" so it is suggested to use these in general school lessons etc. The exception is Year 7 Boys javelin where in club events they now throw 500g as they compete with Year 8. But in general school it would seem reasonable to keep the 400g of the past.

There is a list below which will be useful. Where there is discrepancy use the lighter option which is what those in athletics clubs will be using all year except the North Yorkshire Schools.

If you are in the English Schools Cup, there is different information below. The throws have not changed this year (but will next year), meaning some do heavier in Schools Cup than everywhere else, mainly affects Year 7.

There are now revised rules in club athletics about what events are "allowed" or recommended. Some of these have already come into Schools Athletics, some haven't but will next year.

300m is now a "banned" event for Year 8 in club athletics, but this year is allowed in English Schools Cup and North Yorkshire and English Schools Championships.

Year 10 Boys now do 300m in club events rather than 400m. They will do 400m in North Yorkshire Schools.

Triple Jump is now "banned" as a competitive event for Year 8 (apart from boys in English Schools Cup). Standing triple jump (where they are using a mat) is popular in Sportshall Athletics and a good preparation.

North Yorks Schools - General		Girls	Boys
		shot, discus, javelin	shot, discus, javelin
Year 8 and 9	Junior	3k, 1k, 500g	4k, 1.25k, 600g
Year 10 and 11	Inter	3k, 1k, 500g	5k, 1.5k, 700g
Year 12 and 13	Senior	4k, 1k, 600g	6k, 1.75k, 800g

York Schools		Girls	Boys
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Year 7	shot, discus, javelin 2.72k, 0.75k, 400g	shot, discus, javelin 3k, 1k, 400g
Year 8	2.72k, 0.75k, 400g	3k, 1k, 500g
Year 9	3k, 1k, 500g	4k, 1.25k, 600g
Year 10	3k, 1k, 500g	4k, 1.25k, 600g

Club events		Girls	Boys
	club age	shot, discus, javelin	shot, discus, javelin
Year 7 & 8	Under 14	2.72k, 0.75k, 400g	3k, 1k, 500g
Year 9 & 10	Under 16	3k, 1k, 500g	4k, 1.25k, 600g
Year 11 & 12	Under 18	3k, 1k, 500g	5k, 1.5k, 700g
Year 13	Under 20	4k, 1k, 600g	6k, 1.75k, 800g

		Girls	Boys
Year 7 suggested		70m at 2ft 3, pink	70m at 2ft 3 or 75m at 2ft 6
Year 7 & 8	Under 14	75m at 2ft 3. orange	80m at 2ft 6, black
Year 9 & 10	Under 16	80m at 2ft 6, black	100m at 2ft 9, yellow
Year 11 & 12	Under 18	100m at 2ft 6, yellow	110m at 3ft, blue
Year 13	Under 20	100m at 2ft 9, yellow	110m at 3ft 3, blue

2ft 3 = 68cm

2ft 6 = 76cm

2ft 9 = 84cm

3ft = 91cm

3ft 3 = 99cm

### Schools Cup

	Girls	Boys
Junior	75m at 2ft 3. orange	80m at 2ft 6, black
Inter	80m at 2ft 6, black	80m at 2ft 9. 13m, 8.5m

	Girls	Boys
	shot, discus, javelin	shot, discus, javelin
Junior	3k, 1k, 500g	3k, 1k, 600g
Inter	3k, 1k, 500g	4k, 1.25k, 600g

Please do pass this information far, and wide across the athletics community in schools so that athletes, teachers and parents are aware of the systems and procedures in place for the coming summer of athletics.

Please do visit the NYSAA website at [www.nysaa.org.uk](http://www.nysaa.org.uk). Additional information, including the entry standards can also be found at [www.esaa.org.uk](http://www.esaa.org.uk).

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