

Welsh Under 15's Summer League

Chepstow Harriers Junior Section will compete in the South East Wales League

RULES FOR COMPETITION

All athletes must be first claims Club Members and Registered with Welsh Athletics. All members of CH Junior Section will be registered members of WA.

Age groups:

Under 11: Must have reached their 9th Birthday before they are permitted to compete and be Under 11 on the 1st September in the year of competition.

Under 13: Must have reached their 11th Birthday and be Under 13 on the 1st September in the year of competition.

Under 15: Must have reached their 13th Birthday and be Under 15 on the 1st September in the year of competition.

A maximum of six athletes per event per Club.

Best two performances will score.

No athlete to compete outside his/her age group.

The penalty for doing so will be disqualification for the athlete for that meeting. Clubs fielding over-age athletes will be penalised by deducting TWENTY points from the overall score for that meeting.

No athlete will compete in more than three events – two track + one field or two field + one track, + a relay in any one meeting.

Any athlete doing so will be disqualified. All points gained by that athlete will be deducted for that meeting.

Club colours shall be worn by all Athletes during the meeting

Numbers must be worn on the back and front for all events [except High Jump & Pole Vault] by the Athletes at all times.

EVENTS:

U11 Girls	U11 Boys	U13 Girls	U13 Boys	U15 Girls	U15 Boys
		70mh	75mh	75mh	80mh
75m	75m	100m	100m	100m	100m
150m	150m	200m	200m	200m	200m
				300m	400m
800m	800m	800m	800m	800m	800m
		1500m	1500m	1500m	1500m
		1K Walk	1K Walk	1K Walk	1K Walk
*4 x 100m relay	*4 x 100m relay	*4 x 100m relay	*4 x 100m relay	*4 x 100m relay	*4 x 100m relay
		High Jump	High Jump	High Jump	High Jump
				Pole Vault	Pole Vault
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot 2K	Shot 2.72K	Shot 2.72K	Shot 3.25K	Shot 3.25K	Shot 4K
		Discus 0.75K	Discus 1K	Discus 1K	Discus 1.25K
+Spear Javelin	+Spear Javelin	Javelin 400g	Javelin 400g	Javelin 600g	Javelin 600g
				Hammer 3K	Hammer 4K

*4 x 100m relays. One scoring team per age group per Club.

+ Spear Javelin approximately 300g

All age groups THREE Trials, with exception of High Jump and Pole Vault

DATES & VENUES 2009:

MATCH	DATE	VENUE
		South East Wales
1	Saturday 25 th April 09	Newport
2	Saturday 23 rd May 09	Aberdare
3	Saturday 6 th June 09	Hereford
4	Saturday 25 th July 09	Aberdare (Cwmbran hosts)

Sun-16-Aug Les Davies Memorial Cup (Aberdare) - SEWL division Non scoring match

FINALS	DATE	VENUE
Plate Final	Saturday 22 nd August 09	Neath
Cup Final	Sunday 23 rd August 09	Brecon

6 Qualification for Finals

Athletes must have competed at least once in the U15 Welsh Junior League during the season. This will be monitored by the League Facilitator.

Progression to the Cup Final will be the three top teams from the 'Louise Arthur Division 1', the three top teams from the 'South East Wales Division' and , the two top teams from 'North Division',.

The Plate final will comprise of clubs finishing 4th, 5th and 6th in the 'Louise Arthur Division 1', 4th, 5th and 6th the 'South East Wales Division' 3rd and 4th in the 'North Division', thus making 8 teams to compete in the Cup Final and 8 Teams in the Plate Final.

Only 2 athletes per event for both finals and not 6 as per league matches