

ESAA SCHOOLS TRACK AND FIELD CUP EVENT PROGRAMME

ROUND ONE - WARWICKSHIRE 11.30 – 4.30pm TUESDAY 12th MAY 2026

TIME	No.	EVENT	TIME	No.	EVENT
11.30	T1 8	JG 75mH	2.00	T28 16	JG 1500m
	T2 8	JG 75mH **			
		(JG 68cms NOT 76)		T29 18	IG 1500m
11.40	T3 6	IG 80mH			
	T4 6	IG 80mH			
	T5 6	IG 80mH	2.20	T30 8	JG 100m
11.50	T6 7	JB 80mH		T31 8	JG 100m
	T7 7	JB 80mH			
				T32 6	IG 100m
12.00	T8 7	IB 80mH		T33 6	IG 100m
	T9 7	IB 80mH		T34 6	IG 100m
			2.40	T35 8	JG 200m
12.15	T10 7	JB 100m		T36 8	JG 200m
	T11 7	JB 100m			
				T37 6	IG 200m
12.25	T12 7	IB 100m		T38 6	IG 200m
	T13 7	IB 100m		T39 6	IG 200m
			3.00	T40 8	JG 300m (Yr 8)
12.35	T14 7	JB 200m		T41 8	JG 300m (Yr 8)
	T15 7	JB 200m			
	T16 7	IB 200m		T42 6	IG 300m
	T17 7	IB 200m		T43 6	IG 300m
				T44 6	IG 300m
12.55	T18 7	JB 300m (Yr 8)	3.30	T45 8	JG 800m
	T19 7	JB 300m (Yr 8)		T46 8	JG 800m
				T47 9	IG 800m
	T20 7	IB 300m		T48 9	IG 800m
	T21 7	IB 300m			
			4.00	T49 7	JB 4 x 100m
1.20	T22 7	JB 800m		T50 7	IB 4 x 100m
	T23 7	JB 800m		T51 8	JG 4 X 100m
1.28	T24 7	IB 800m		T52 5	IG 4 x 100m
	T25 7	IB 800m		T53 4	IG 4 x 100m
1.35	T26 14	JB 1500m			
1.45	T27 14	IB 1500m			

Field Events: Report to field event site. Please contact me ASAP if you wish to enter an athlete in either P.V. or Hammer as the events are not listed in the programme below. Both events difficult to run on the day but if an athlete is particularly strong in either event I will add the events and let you know the time!

11.30	JG / IG	High Jump	32	2.10	IB	Javelin	14
11.45	IG	Long Jump	16		IB	Long Jump	14
	IG	Javelin	16		IB	Triple Jump (Year 10 ONLY)	14
	JG	Shot	16		IB/JB	High Jump	28
	JG	Discus	16		JB	Shot	14
					JB	Discus	14
12.50	IG	Discus	16				
	IG	Shot	16	3.15	IB	Discus	14
	JG	Javelin	16		IB	Shot	14
	JG	Long Jump	16		JB	TJ (Year 8 only)	14
	IG	Triple Jump (Year 10 ONLY)			JB	Javelin	14
					JB	Long Jump	14

Please note:

Girls who are competing in Hurdles and HJ : Please report to HJ as soon as you finish your hurdles event: Inform HJ Officials on arrival and the Starters Assistant as we can place in earlier heats. HELP NEEDED WITH HURDLES!!

REGISTRATION: FROM 10.45 / 11.15

(EVENT PARKING: PLEASE REGISTER (REG NUMBER) YOUR VEHICLE AT THE DESK IN SPORTS CENTRE!)

If you have to withdraw a team please let me know ASAP

SCHOOL ENTRIES	Junior Girls yrs 7/8	Junior Boys yrs 7/8	Inter Girls yrs 9/10	Inter Boys yrs 9/10
ALCESTER GRAMMAR				
K.E.S.				
KINGS HIGH				
KINGSLEY				
MYTON				
PRINCETHORPE				
RUGBY SCHOOL				
RUGBY HIGH				
SOUTHAM				
STRATFORD GIRLS G.				
WARWICK				
	8	7	9	7

EVENT OFFICIALS	There may be changes – there will be additions!! Please provide min 2
Starter	Bob has had to withdraw seeking a replacement!
Starters Assistant	Warwick (Boys Track) Rugby High (Girls Track)
Timekeepers	Pete Carey Gwil Price, Kings High (Girls Track) KES (Boys Track)
Track Judges / TK	Emma Sparrow UKA, SGGs (Girls) KES (Boys) Kingsley (Girls) AGS (Boys)
Hurdles	Rugby School, Dave Owens, Sam MacGibbon + Track Judges.
Long Jump	Princethorpe + Sheila Carey
Triple Jump	Rugby School
High Jump	Elaine Bourton (?) AGS
Pole Vault	Dave Cowley +
Shot	Rita and Lyn, KES (Boys) RHS (Girls)
Discus	Sue Alvey UKA, Warwick School (Boys) Kings High (Girls) Dave Owens
Javelin	Myton + Sandy Green UKA, + Kingsley (Girls Field Events) + Southam
Hammer	
4 x 100m relays	1. Southam / Myton 2. Warwick / Princethorpe 3. AGS / RHS
Results	Megan Price + Volunteers.

Key Competition Rules below

(Please also review all details at www.esaa.org.uk 'track and field cup')

Reserves

The reserve will only be allowed to substitute in the event of an injury being sustained during the meeting and then only at the discretion of the Referee. The substitute may only compete in the event(s) in which the injured athlete was entered.

At the discretion of the Referee a reserve may be allowed to compete in an event but **MUST NOT** wear a number. However, extra heats will not be created and a number of 'long' events for girls (HJ and long throws in particular) can only accommodate 'competing' athletes and not reserves .

Please check with the Organiser on the day.

Numbers

Each participating school will be responsible for downloading their designated numbers from the website. Megan will forward all info re declarations / numbers in the coming days! (www.esaa.org.uk) - clearly visible black numbers on white card and provide their own safety pins please make sure that 4 pins are used for each number (wear front and back)

Event Rules

Starting blocks are not to be used in any round of the Competition.

The **High Jump bar** will be set initially at the height required to score one point, and raised thereafter as competitors require, in accordance with the scoring tables. **High Jump rules- 7 attempts in total (unless you have 3 failures)** - competitors select the height at which they wish to enter the competition.

All other field events: 3 TRIALS ONLY

WEIGHTS:

	JUNIOR BOYS Years 7/8	INTER BOYS Years 9/10	JUNIOR GIRLS Years 7/8	INTER GIRLS Years 9/10
SHOT	3.00 kg	4.00 kg	3.00 kg	3.00 kg
JAVELIN	600gm	600gm	500gm	500gm
DISCUS	1.00kg	1.25kg	1.00kg	1.00kg
HAMMER	3.00 kg	4.00 kg	3.00kg	3.00kg

In all throwing events competitors shall only use the implements provided for general use.

Hurdles **Note change of height for JG: Now 68cmslowered from 76.2**

	Distance	Height	No.	Approach	Interval	Finish
Junior Boys	80m	76.2cm	8	12.00m	8.00m	12m
Inter Boys	80m	84.0cm	7	13.00m	8.50m	16.00m
Junior Girls	75m	68.0cm	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm	8	12.00m	8.00m	12.00m

TEAM MANAGERS:

- **TEAM DECLARATION FORMS :** **Megan will email forms to you for COMPLETION AND RETURN!**
- Report to the declarations / results officials to confirm/change names of athletes and to collect the recording sheets / boards for your event.
- **Results: Full results listed on website.**

Field athletes - Arrive at least 5 minutes early where possible so athletes can get their practice throws done and the event can start on time.

Track athletes - Arrive 5 minutes early where possible so the athletes can be given the lane order and the event can start on time.

SAFETY REMINDERS : TEAM MANAGERS

1. **FIELD EVENTS:** PLEASE TELL YOUR ATHLETES TO REMAIN OUTSIDE THE TRACK UNTIL THEY ARE CALLED FOR THEIR EVENT... FOR THE **DISCUS, SHOT, JAVELIN AND HAMMER** ATHLETES MUST CROSS THE TRACK **DIRECTLY OPPOSITE** THE THROWING SITE AND TO DO SO WITH CARE.... **NEVER CROSS THE INNER FIELD TO THE DISCUS, JAVELIN, SHOT AND HIGH JUMP!!**
2. **TRACK EVENTS:** ATHLETES REPORTING TO THE START OR THEIR EVENT MUST ALWAYS DO SO FROM THE OUTSIDE OF THE TRACK **NEVER CROSS THE INNER FIELD TO REPORT TO THE 100m, 200m, 300m, 1500m AND HURDLES.**
3. Please be mindful of litter and use the litterbins provided.

Your help and assistance is much appreciated.

Please contact me on my mobile **07743 878845**

Gwil Price

PLEASE REMEMBER:

- FOR THIS EVENT **'JUNIOR'** IS **YEAR 7 AND 8** COMBINED AND **'INTER'** IS **YEARS 9 AND 10** COMBINED --- UNLIKE ALL OTHER TRACK AND FIELD COMPETITIONS WHERE **'JUNIOR'** IS FOR **YEARS 8 AND 9** AND **INTERMEDIATE** IS FOR **YEARS 10 AND 11!!!**
 - ATHLETES CAN ONLY DO **2** EVENTS AND MUST BE:

1 TRACK AND 1 FIELD OR 1 TRACK AND RELAY OR 1 FIELD AND RELAY!
 - IDEALLY ALL OF YOUR ATHLETES WILL COMPETE IN 2 EVENTS EVEN IF THEY ONLY SCORE A FEW POINTS IN A WEAKER EVENT.
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