



**U13/U15 Junior Inter Counties Match  
The Pingles Stadium, Nuneaton.  
Saturday 14<sup>th</sup> September 2024  
Warwickshire County Athletic Association**

**President's Welcome**

On behalf of the Warwickshire County Athletic Association, I am pleased to welcome the following counties: Leicestershire & Rutland, Nottinghamshire, Derbyshire, South Yorkshire, Lincolnshire and Warwickshire to the Pringles Stadium in Nuneaton. I welcome not only all the athletes in the under 13yrs and under 15yrs age groups, but I also welcome all parents, friends and other spectators who have come to the Pingles today to support all the competitors. I am sure all you competitors have a lot to thank your parents for who on many occasions transport you to training or competitions.

I would also like to thank all the officials, the Warwickshire Committee and the intercounties organisers who have turned out today and have given their time free to ensure you all have a good day's competition. I also thank the staff at the Pringles stadium for the ever ongoing support to ensure the smooth running of today's event. When thanking people, one must not forget the county team managers who have a tireless time in putting teams together for this competition.

Finally, I wish all athletes the very best and hope the weather is kind and some high-quality performances are achieved.

Graham Heeley.  
President Warwickshire County AA

**CHIEF OFFICIALS**

Starter	Chris Hitchman
Starters Asst	Kenny Ebanks
Track Ref	Gordon Horne
Chief Timekeeper	Alan Edwards
Field Ref	Freya Webb
Meeting Manager	David Ashbourne
Announcer:	Steve Curtis/Ron Scholes
Results	David McGuffin
Clerk of the Course:	Derek Prince

TIMETABLE						
T1	12.00	U13G 70m hurdles	T24	16.20	U15B 1500m	
T2	12.10	U13B 75m hurdles	T25	16.30	U13G 4 X 100m Relay	
T3	12.20	U15G 75m Hurdles	T26	16.35	U13B 4 X 100m Relay	
T4	12.30	U15B 80m Hurdles	T27	16.40	U15G 4 X 200M Relay	
T5	12.45	U15G 300m	T28	16.45	U15B Medley Relay	
T6	12.55	U15B 300m				<b>Field Officials</b>
T7	13.00	U13G 100m	F1	11.30	U15G Long Jump	Derbyshire
T8	13.10	U13G 100m Guest	F2	11.30	U15B High Jump	Nottinghamshire
T9	13.20	U13B 100m	F3	11.30	U15B Shot Put	Warwickshire
T10	13.30	U13B 100m Guest	F4	11.30	U15G Discus	Leicestershire and Rutland
T11	13.40	U15G 100m	F5	12.20	U13G Shot Put	Warwickshire
T12	13.50	U15G 100m Guest	F6	12.30	U13B High Jump	Nottinghamshire
T13	14.00	U15B 100m	F7	12.35	U15G Javelin	Lincolnshire
T14	14.10	U15B 100m Guest	F8	12.40	U15B Long Jump	South Yorkshire
T15	14.30	U13G 1200m	F9	13.35	U13G High Jump	Derbyshire
T16	14.45	U13B 1500m	F10	13.30	U15B Discus	Leicestershire and Rutland
T17	15.00	U15G 800m	F11	13.40	U15G Shot Put	Warwickshire
T18	15.15	U15B 800m	F12	13.45	U13B Long Jump	Nottinghamshire
T19	15.30	U13G 200m	F13	14.35	U15B Javelin	Lincolnshire
T20	15.40	U13B 200m	F14	14.40	U15G High Jump	Derbyshire
T21	15.50	U15G 200m	F15	14.45	U13G Long Jump	South Yorkshire
T22	16.00	U15B 200m	F16	15.05	U13B Shot Put	Leicestershire and Rutland
T23	16.10	U15G 1500m				

Every attempt will be made to keep to the Timetable but please be aware that exact times of events may vary. Team Managers are responsible for ensuring that their athletes report to the start area at least ten minutes before their event and for field events at least fifteen minutes before.

### COMPETITION GUIDELINES

	A string	B string
Derbyshire	1	11
Humberside	2	22
Leics & Rutland	3	33
Lincolnshire	4	44
Nottinghamshire	5	55
South Yorkshire	6	66
Warwickshire	7	77

## Non Scoring Events

Non scoring 100m races will be held, programmed after the main scoring 100m events and each County is limited to two athletes per gender per age and these events will be included in each athlete's count of events. Details must be included on the declaration sheet. The athletes will use their County's numbers as above but if there are two then one must wear an "A" number and the other a "B" number.

### 2023 ATHLETES OF THE MATCH RESULTS

U13 Girls	Track	Chyna Rae-Smart Nottinghamshire	100m 13.28sec
U13 Girls	Field	Marisa Lumani Warwickshire	Shot Put 8.77m
U15 Girls	Track	Maya Schofield South Yorkshire	800m 2:12.53
U15 Girls	Field	Charlotte McKenzie Humberside	Long Jump 5.22m
U13 Boys	Track	James Longworth Warwickshire	800m 2:12.65
U13 Boys	Field	Logan Cowling Humberside	Shot Put 10.47m
U15 Boys	Track	Marcus Wootton Nottinghamshire	300m 37.81sec
U15 Boys	Field	Lawson Capes Lincolnshire	Shot Put 18.31m

### 2023 MATCH RESULTS

1	Warwickshire	544
2	Nottinghamshire	508
3	South Yorkshire	496.5
4	Derbyshire	450.5
5	Humberside	379
6	Lincolnshire	322
7	Leicestershire and Rutland	307

## COMPETITION RULES

1. The competition is aimed at youngsters of both genders who are Under 13 or, Under 15 at midnight on 31st August / 1st September in the year of the competition.
2. Each competitor is limited to a **Maximum of 3 Events**. These can be 3 Individual events or 2 individual events plus a relay. (Any non-scoring events to be included in this count)
3. No Athlete may compete in more than one race between 800m and 1500m on the same day
4. Each County is allowed 2 competitors per event (A & B) except relays
5. Numbers to be worn front /back, each number secured with 4 pins, except High Jump where 1 number is permitted
6. Field Events - all athletes are limited to 3 trials except High Jump
7. There will be separate A & B Races except in the 1200m and 1500m races
8. Minimum Starting Heights for High Jump  
U13 Girls 1.15m      U13 Boys 1.20m  
U15 Girls 1.25m      U15 Boys 1.35m
9. Medley Relay to be over 100m, 200m, 300m, 400m (in that order)  
Start at the 200m start point (teams to assemble here)  
1st leg runner - 100m runs in lane round the bend to the change over  
2nd leg runner - 200m start in lanes and break at the blue lines near the finish, continuing to the changeover at the 1500m start line  
3rd leg runner - 300 to the normal 4 x 400 relay change over points near the finish.  
4th leg runner - 400m runs 400m a full lap to the finish line.
10. Team Declaration Sheets these are to be completed prior to the event and sent on line to the results secretary at least three days before the event. Changes may be made on the day if required by using a change slip.
11. In the 1200m and 1500m races plus all field events the leading competitor for each County will be deemed the "A" competitor
12. If in the High Jump the athlete has 3 consecutive failures then they are eliminated
13. ALL athletes in each individual County team must wear the same colour as listed, which need to be registered to the coordinator at least 3 months prior to the event
14. All competition shall be under UKA Rules for competition
15. Counties shall be responsible for ensuring that their athletes do not breach UKA Rules for Competition
16. Non scoring 100m races will be held, will be limited to 2 competitors per gender per event per club and these events will be included in each athlete's count of events. They will wear the numbers as listed in the Declaration Sheet
17. The 4x200m relay will start on the marks used for the 4x400m long stagger with the 3rd leg runner breaking at the normal 800m break line  
failures then they are eliminated

The competition is held under UKA rules  
Permit number 24/744

The 2025 competition will be held on Saturday 13<sup>th</sup> September 2025  
to be hosted by Lincolnshire