

Norfolk Schools Athletic Association Championships 2023 Saturday 10th June - Sportspark, Norwich, NR4 7TJ

Thank you for entering the Norfolk Schools Athletics Championships.

ESSENTIAL CHECKLIST FOR SATURDAY:

1. Check the time of your events on the next page of this document.
2. Arrive in enough time to **collect your bib number at the top of the stairs/balcony by the track, warm-up sufficiently and be on time for the start of your event** - ensure you are by your event area 5-10mins before the allocated start time.
3. For races where there are heats planned, if there are insufficient number (due to less people attending) then a straight final will be held in place of the heat – please listen carefully to the marksman by the start line of your race.
4. Athletes will receive 4 attempts in the throws and horizontal jumps.
5. Medals will be handed out at the end of each competition for field events, and ASAP after track race finals.

STARTING BLOCKS CAN ONLY BE USED IN FINAL - NOT ALLOWED IN HEATS AS PER ENGLISH SCHOOLS AA RULES

NOTE: Track events take priority over field, therefore please ensure you inform the field judge at your event you are leaving to race if you have a clash. They will do their best to fit you in when you return. **DO NOT** walk across the infield on the middle of the track, walk around the outside at all times. Parking is free on site, there is the main UEA campus car park (take a token) and also the Sportspark car park (take a ticket) – validate either your token or ticket at reception when you leave.

NORFOLK SCHOOLS COUNTY CHAMPS TIMETABLE 2023

JG/JB = Junior girls/boys (Yr 8&9). IG/IB = Intergirls/boys (Yr 10&11). SG/SB = Senior girls/boys (Yr 12&13)

Track timetable			Field timetable		
TIME	EVENT	HEAT/FINAL	TIME	EVENT	CATEGORY
10:45	3000m	FINAL	10:45	Hammer	All
11:05	JG 75m Hurdles	FINAL	10:45	Long jump 1	IB + SB
11:15	IG 80m Hurdles	FINAL			
11:25	JB 80m Hurdles	FINAL			
11:35	IB 100m Hurdles	FINAL	11:35	Discus 1	JB + IB + SB
11:45	SB 110m Hurdles	FINAL	11:35	Long jump 2	JB
11:55	100m JG H1	HEAT			
12:00	100m JG H2	HEAT	12:00	High jump 1	JG + IG + SG
12:05	100m JB H1	HEAT			
12:10	100m JB H2	HEAT			
12:15	100m IB H1	HEAT			
12:20	100m IB H2	HEAT			
12:35	400m SB + SG	FINAL			
12:40	400m IB	FINAL	12:40	Discus 2	JG + IG + SG
12:50	100m IG	FINAL			
12:55	100m JG	FINAL			
13:00	100m JB	FINAL	13:00	Long jump 3	IG + SG
13:05	100m IB	FINAL			
13:10	100m SB + SG	FINAL			
	<i>Track break</i>		13:30	Shot 1	JB + JG
13:40	300m JG H1	HEAT			
13:45	300m JG H2	HEAT	13:45	Javelin 1	JG + IG+ SG
13:50	300m JB H1	HEAT			
13:55	300m JB H2	HEAT			
14:10	800m IB + SB	FINAL	14:00	Triple jump 1	JB + JG
14:17	800m JB	FINAL			
14:21	800m SG + IG	FINAL	14:15	High jump 2	JB + IB
14:28	800m JG 1	FINAL	14:35	Javelin 2	JB + IB + SB
14:40	200m JG H1	HEAT			
14:45	200m JG H2	HEAT			
14:50	200m JB H1	HEAT			
14:55	200m JB H2	HEAT			
15:05	1500m Steeplechase IG + SG	FINAL	15:00	Long jump 4	JG
15:20	300m JG	FINAL			
15:25	300m JB	FINAL			
15:30	300m IG	FINAL	15:30	Shot 2	IB + IG + SB + SG
15:35	1500m JG + IG	FINAL	15:30	Triple jump 2	IB + SB + IG + SG
15:45	1500m IB + SB	FINAL			
15:55	1500m JB	FINAL			
16:10	200m IG	FINAL			
16:15	200m SB + SG	FINAL			
16:20	200m IB	FINAL			
16:25	200m JG	FINAL			
16:30	200m JB	FINAL			