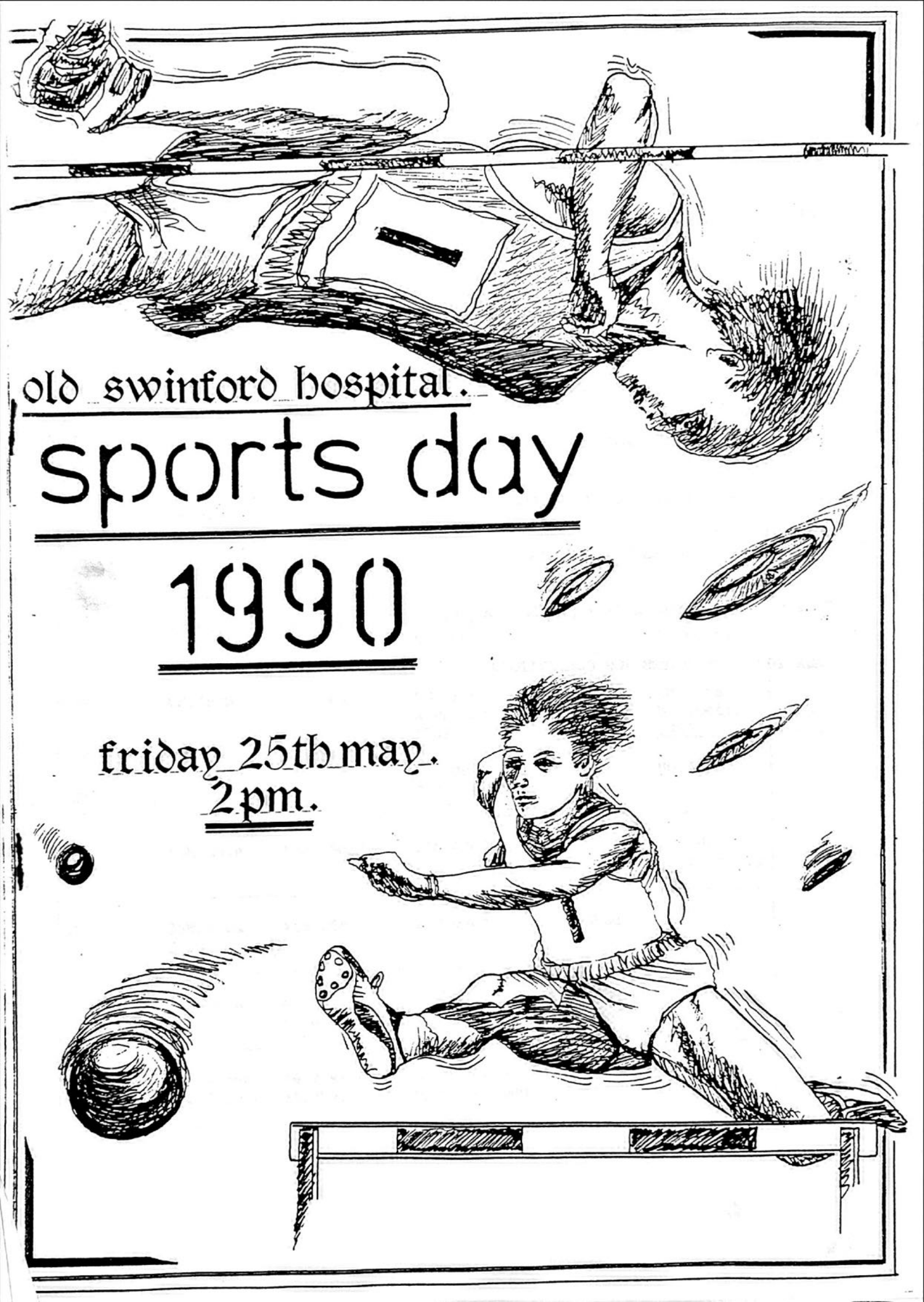
old swinford hospital.

sports day

1990

friday 25th may.
2pm.



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OLD SWINFORD HOSPITAL - ATHLETIC RECORDS - APRIL 1990

	SENIORS	FOURTH YEAR	THIRD YEAR	SECOND YEAR	FIRST YEAR
100M	11.30 s	11.90	12.50 s D Sweeting 1989	12.90	14.00 s D Sweeting 1987
200M	23.80 s	24.80	26.10 s	27.10	28.02 s
400M	53.70 s	55.80	60.1 s D Sweeting 1989	62.40	67.50 s
800M	2M.5.8s	2M.15.2	2M.20.8	2M.19.8	2M.38.7s
1500M	4M.26.1s	4M.47.8	5M.04.1	5M.06.4	5M.31.2s
HIGH JUMP	1M.83cm	1M.72cm	1M.66cm N Gimbert 1989	1M.58cm	1M.42cm D Sweeting 1987
LONG JUMP	6M.48cm	5M.69cm	5M.18cm A Priest 1987	4M.83cm	4M.42cm D Sweeting 1987
TRIPLE JUMP	13M.41cm	11M.99cm	11M.00 P Rawlings 1987	10M.29cm	8M.42cm
SHOT	15M.29cm	12M.65cm	10M.42cm	11M.30cm	8M.70cm S Bradberry 1987
DISCUS	35M.25cm D John 1989	41M.26cm	28M.69cm	27M.86cm	20.93M.
JAVELIN	50M.69cm	45M.81cm A John 1987	42M.20cm	32M.52cm	23.45M.
RELAY 4 x 100M	46.52 secs STONE 1988	49.7 secs MAYBURY 1989	51.33 secs MAYBURY 1989	55.05 secs	60.00 secs STONE 1989

SPORTS DAY - 1989 FINAL POSTIONS

1.	STONE	349
2.	MAYBURY	340
3.	WITLEY	317
4.	FOLEY	263
5.	FOSTER	194
6.	CHANCE	186
7.	DUDLEY	144

36 points	Victor Ludorum	Nicholas Bailey - Dudley
33 points	Junior Victor Ludorum for the Chapple Cup	Timothy Britnell - Stone

SENIOR 1500M CUP - Timothy Beardsmore - Witley

The Alberga Trophy - Dominic John - Foley

ATHLETICS AWARDS - 1989

AMATEUR ATHLETIC ASSOCIATION AWARDS

Year	1 STAR	2 STAR	3 STAR	4 STAR	5 STAR	P'THLON	D'THLON	No.in Year
	0	11	17	16	11			55
Year	8	11	13	13	13			61
Year	6	14	25	23	7	7	4	89
Year	4	9	15	20	18	14	3	81
L	18	45	70	72	49	21	7	

boys received certificates out of a total number of 286

OLD SWINFORD ATHLETICS STANDARDS 1989

	POINTS	POSITION	
CHANCE	27	5	
DUDLEY	17	6	
FOSTER	39	1	
FOLEY	33	4	
MAYBURY	38	2	
WITLEY	37	3)	
		)	Joint
STONE	37	3)	

OFFICIALS

ORGANISER AND FIELD REFEREE - MR P A JONES

STARTER - MR M BEAL

STARTERS MARSHALL - MR R MILNER

TRACK REFEREE AND RECORDER - MR S ORPEN

ANNOUNCER - MR I T TOMSON

RECORDERS - 1st & 2nd Years - MR P MORRIS & MRS E SMITH
- 3rd & 4th Years - DR C A PHILLIPS & MR I ATTFIELD
- Seniors - MISS M L CROSLAND & MR D CHRISTLEY

TIME KEEPERS

1. MR D CLOVES
2. MR P R PRICE
3. MR R DAY
4. MISS L JACKSON
5. MISS A C PHILLIPS
6. MR P WILKINSON
7. MR J PANKO

JUDGES

REV. R.H. DARROCH
6TH FORM STUDENTS

RELAY JUDGES

1. MR R C ELLIS
2. MR J BULTEEL
3. MR D P JENKINS

FIELD JUDGES

HIGH JUMP - MR J BULTEEL, MR D GLOVER & MR P HILDESLEY
LONG JUMP - MR I LEWIS, MR S PLANT & MR R B MOODY
TRIPLE JUMP - MR R C ELLIS, MR S J HUDSON & MR L DRINKWATER
SHOT PUTT - MR A JANDRELL, MR A RIGBY & MR M A ELLIS
DISCUS - MR G V GIBSON, MR J CAMPBELL & MRS M HARTLEY
JAVELIN - MR D P JENKINS, MR D BANKS & MR A WOODS

M/C CERTIFICATES - MR P DAVIES

CHIEF RECORDER OF RESULTS - MR Z L KRUKOWSKI

TIME TABLE

TRACK EVENTS

TIME	EVENT	YEAR GROUP
2.00	800M	1st Year
2.05	800M	2nd Year
2.10	800M	3rd Year
2.15	800M	4th Year
2.20	100M	1st Year
	100M	2nd Year
	100M	3rd Year
	100M	4th Year
2.25	400M	1st Year
	400M	2nd Year
	400M	3rd Year
	400M	4th Year
2.35	200M	1st Year
	200M	2nd Year
	200M	3rd Year
	200M	4th Year
2.45	800M	SENIORS
2.50	100M	SENIORS
2.55	1,500M	1st Year
3.05	1,500M	2nd Year
3.15	1,500M	3rd Year
3.20	1,500M	4th Year
3.25	200M	SENIORS
	400M	SENIORS
3.30	1,500M	SENIORS
3.35	4 X 100M RELAYS	1st Year
3.40	4 X 100M RELAYS	2nd Year
3.45	4 X 100M RELAYS	3rd Year
3.50	4 X 100M RELAYS	4th Year
3.55	4 X 100M RELAYS	SENIORS
4.00	PRESENTATION OF TROPHIES	

FIELD EVENTS

2.00	LONG JUMP	- FIRST YEAR	2.40	LONG JUMP	- THIRD YEAR
	HIGH JUMP	- SECOND YEAR		HIGH JUMP	- SENIORS
	TRIPLE JUMP	- SECOND YEAR		TRIPLE JUMP	- FOURTH YEAR
	SHOT	- FOURTH YEAR		SHOT	- FIRST YEAR
	JAVELIN	- THIRD YEAR		JAVELIN	- SECOND YEAR
	DISCUS	- THIRD YEAR		DISCUS	- FOURTH YEAR

3.20	LONG JUMP	- SENIORS
	TRIPLE JUMP	- FIRST YEAR
	SHOT	- SENIORS

Notes for Officials

1. Please move through the event as quickly as possible.

2. Each group should have seven students competing in each event.

3. Each House may enter up to three in the 800M and in the 1,500M. First seven to score.

4. Please observe all safety regulations. Spectators should not be in the middle of the track.

5. Send result slips to the recorder's table as soon as the event has finished.

FIELD OFFICIALS

1. The correct size and weight for the field events are as follows:-

	SENIORS	YEARS 4	3	2	1
JAVELIN	800G	700G	600G	600G	600G
DISCUS	1.5k	1.25k	1.25k	1k	1k
SHOT	5k	4k	3.25k	2.72k	2.7k

2. When your event has finished please make sure that all equipment is taken back to the Gym.

3. Each competitor is allowed three attempts only. A no throw or a no jump is counted as an attempt.

INFORMATION FOR FIELD JUDGES

In the event of a draw the person with the second best performance wins in all events except for the HIGH JUMP.

JAVELIN

1. The javelin must be thrown from behind the arc and all throws to be valid must fall within the inner edges of the sector.

2. A throw will not be measured if the competitor steps on or over the arc line when throwing or if the point of the javelin does not strike the ground first.

3. Each competitor has three attempts. The throw counts if the competitor throws behind the arc and between the run up lines.

4. The javelin must be thrown over the shoulder or upper part of the throwing arm.

to

5. Take-up a position at right angles the throwing arc and make sure all other competitiors are behind the throwing area at a reasonable and safe distance away.

6. Measure the throws by putting the zero of the tape on the plaee where the point touched the ground and measure to the inside of the throwing arc with the tape on a line through the centre of the arc.

SHOT PUTT

1. It is a foul if the competitor touches the circle or the ground outside the circle with any part of his body. It is also a foul if he touches the top of the stop board or if the start of the put is made outside the circle.

2. The competitor may rest his feet against the edge of the stop board.

3. The weight shall be put from the shoulder with one hand only. It must not be brought behind the plane of the shoulder.

4. The competitor must not leave the circle until the shot has touched the ground and then only from the rear half of the circle.

5. All puts to be valid must land within the inner edge of the sector.

6. Stand obliquely to the rear of the circle to watch for 'no putts'.

7. Measure each put by placing zero end of tape on the nearer edge of the mark and take the measure through the centre of the circle. The distance is read off at the inside edge of the stopboard to the nearest centimetre.

DISCUS

Same rules and safety regulations apply in the discus event as in the shot, but with regard to measuring there is no stop-board so the measurement is taken at the inner edge of circle along a line drawn to the centre of the circle.

LONG JUMP

1. The take-off shall be from the board. The edge of which nearer the pit is called the 'scratch line'.

2. The run-up is unlimited, if a competitor touches the ground beyond the 'scratch line' with any part of his body whilst jumping or running up this counts as a 'no-jump'.

3. During the run-up if the competitor swerves off at take-off then this also counts as a 'no-jump'.

4. All 'no-jumps' are recorded as attempts. Three attempts are allowed.

5. Measure each jump at right angles from the scratch angles to the nearest break in the sand made by any part of the competitors body. Put the zero of the tape measure on the nearest break in the pit and read off the distance at the stratch line to the nearest centimetre below the distance covered.

TRIPLE JUMP

1. The competitor shall first land upon the foot from which he has taken off, the reverse foot be used for the second landing and both feet shall be used for the third landing.

2. In all respects the rules and judging apply as for long jumping.

HIGH JUMP

1. A competitor may commence jumping at any height above the minimum height and can elect to jump at any subsequent height.

2. A failure is recorded if a competitor dislodges the bar during the jump or as he lands.

3. A failure is recorded if the take-off is with two feet or if the competitor passes the plane of the uprights and touches the ground beyond it.

4. Three consecutive failures eliminates the competitor.

5. Recording - successful jumps o/ failures x

6. Stands or height my not be moved without your permission and only at the end of the round.

7. Measure the bar in the middle from the ground to the upper side of the bar each time it is raised.

8. In the event of a tie the competitor awarded the higher place will be decided in the following order:-

   (a) The one with the least attempts before clearing the winning height (count back).

   (b) The one with the lowest total failures.

POINTS SYSTEM (ALL EVENTS)

1st POSITION	-	7 pts
2nd "	-	6 pts
3rd "	-	5 pts
4th "	-	4 pts
5th "	-	3 pts
6th "	-	2 pts
7th "	-	1 pt

RELAY

1st	-	14 points
2nd	-	12 points
3rd	-	10 points
4th	-	8 points
5th	-	6 points
6th	-	4 points
7th	-	2 points

RELAY LANES

Lane	1	2	3	4	5	6	7
FIRST YEAR	STONE	MAYBURY	CHANCE	FOLEY	FOSTER	DUDLEY	WITLEY
SECOND YEAR	FOSTER	WITLEY	DUDLEY	STONE	MAYBURY	CHANCE	FOLEY
THIRD YEAR	FOLEY	DUDLEY	STONE	CHANCE	FOSTER	WITLEY	MAYBURY
FOURTH YEAR	CHANCE	FOSTER	WITLEY	MAYBURY	FOLEY	STONE	DUDLEY
SENIORS	WITLEY	MAYBURY	FOLEY	FOSTER	DUDLEY	CHANCE	STONE

Notes for competitors

1. You are allowed to enter five events plus the relay.

2. Be ready to start your event on time and move through the event as quickly as possible.

3. If you are competing in more than one event make sure you are checked in at all the events which you have been chosen for but always compete in the track event first and then move onto your field event i.e. Track events must start on time.

4. Leave the centre of track after you finished your event.

5. Make sure you are correctly dressed in compulsory kit if you are competing and make sure that you are correctly warmed up before you participate.