

# scottishathletics National Officials Conference

Sunday 17<sup>th</sup> November 2024

Carnegie Conference Centre

**BELIEVE, BELONG, ACHIEVE** TOGETHER



# Alistair Aitchison

## Chair of Officials Commission

# Records Presentation

Arnold Black

scottishathletics statistician

# Scottish Records



**BELIEVE, BELONG, ACHIEVE** TOGETHER

# Types of Record

NATIONAL – set by a Scottish eligible athlete anywhere in the world

NATIVE – set by a Scottish eligible athlete in Scotland

ALL-COMERS – set by any athlete in Scotland

AGE GROUP – recognised for athletes within the Under 20, Under 17, Under 15 & Under 13

# Approval Process

## RECORDS COMMITTEE

Meets quarterly

Reviews and makes recommendations to

## TRACK & FIELD COMMISSION

Confirms or queries decision

Approves

## MAIN BOARD

Final authorisation

# Records Committee

Arnold Black (Chair)

Alison O'Rourke

Leslie Roy

Ron Todd

Steve Nairne

# Process and Guidance

<https://www.scotstats.net/records/>

<https://www.scottishathletics.org.uk/about/scottish-records-guidance/>



# What is Needed?

Application Form

Signed as appropriate by:

- Photo Finish Chief (track)

- Chief Timekeeper (only if hand timed)

- Starter (track)

- Equipment Officer/Technical Manager (throws)

- Referee (Track/Field as appropriate)

Names/levels of field officials to be given

Photo finish print/ZCT or Field card

# Application Form



## SCOTTISH TRACK AND FIELD RECORD APPLICATION FORM

SCOTTISH RECORD: NATIONAL NATIVE ALL-COMERS UNDER20 UNDER17 UNDER15 UNDER13  
(Please circle records that apply) INDOOR OUTDOOR

ATHLETE		CLUB	
DATE OF BIRTH		PLACE OF BIRTH	
EVENT		PERFORMANCE	
VENUE		DATE	
MEETING		WIND READING	

For Relay Events details are required of the team in running order:-

1 \_\_\_\_\_ 2 \_\_\_\_\_  
3 \_\_\_\_\_ 4 \_\_\_\_\_

### For Track Events:

#### TIMEKEEPERS' CERTIFICATE

Complete section 1 or 2 as appropriate:

1 A fully automatic, correctly aligned, electronic timing device was used. I confirm the time above.

Name of Photo-Finish Chief \_\_\_\_\_ Signature \_\_\_\_\_ Level \_\_\_\_\_

Or where there was no photo-finish timing:

2 We certify that we were official timekeepers of the above event and that the exact time recorded on our watches for the competitor concerned was:

Time	Signature	Name	Level

I confirm that the official time for the competitor named was \_\_\_\_\_

Name of Chief Timekeeper \_\_\_\_\_ Signature \_\_\_\_\_ Level \_\_\_\_\_

#### STARTER'S CERTIFICATE

I certify that the start of the race was in accordance with the relevant Rules.

Name of Starter \_\_\_\_\_ Signature \_\_\_\_\_ Level \_\_\_\_\_

### For Field Events:

Names of officials in attendance:

Official 1 \_\_\_\_\_ Level \_\_\_\_\_

Official 2 \_\_\_\_\_ Level \_\_\_\_\_

Official 3 \_\_\_\_\_ Level \_\_\_\_\_

In the case of a throwing event, I confirm that the implement used for the competition was weighed before and after the competition and found to be of the correct weight.

Name of Equipment Officer/  
Technical Manager \_\_\_\_\_

Signature \_\_\_\_\_ Level \_\_\_\_\_

#### REFEREE'S CERTIFICATE

I certify that all the conditions as laid down by UKA/WA Rules for Competition were complied with and that the performance was made in bona fide competition in accordance with these Rules. The following information is attached:-

1. A copy of the photo-finish picture.
2. A copy of the Field Event scorecard signed by the officials for the event.

Name of Referee \_\_\_\_\_ Signature \_\_\_\_\_ Level \_\_\_\_\_

(To be signed by Track Referee/Field Referee/Walking Judge as appropriate)

BELIEVE, BELONG, ACHIEVE TOGETHER



# Exemptions

Performances set at the following level of meetings will automatically be considered without the requirement for an application form to be lodged:

1. Major championships (Olympic Games, World Championships, European Championships, Commonwealth Games).
2. All World Athletics badged events (World Athletics Continental Cup, World Athletics Relays, Diamond League meetings, World Athletics Continental Tour meetings, World Athletics Indoor Tour meetings, World Athletics Challenge meetings, World Athletics Combined Events Tour meetings) <https://www.worldathletics.org/competition>
3. All European Athletics badged events (European Team Championships, European Throwing Cup, European 10000m Cup, European Race Walking Team Championship meetings).
4. Scottish Athletics National Championships and Scottish Athletics National Open Meetings.
5. National Championships of a World Athletics Member Federation and USA National Collegiate AA (NCAA) Championships. National Championships of the Home Nations of the UK.
6. All International matches including a Scotland or GB&NI National Team.

# Rules

## RULE CR35 S1 UKA SUPPLEMENT – RECORDS

(10) All the Track Officials signing the Record Application Form should be at least Level 4.

(13) For records claimed in field events the distance or height shall have been measured by three Field Judges... The Field Referee should be at least Level 4 and the other Judges signing the result card should be qualified officials.

# Mixed Gender Competition and Open Graded Competition

a) For senior and under-20 performances, the rules followed by British Athletics will be adhered to. Therefore, no performances set in mixed track races will be acceptable for records.

(b) For under-17, under-15 and under-13 performances, performances set in mixed races will be acceptable for records.

However, in open graded competition for races over 400 metres, the rules for the under-13 and under-15 age-groups must be followed. This means that no under-13 performances will be accepted as a record if there are under-17, under-20 or senior athletes in the field; and no under-15 performance will be accepted as a record if there are under-20 or senior athletes in the field.

For races up to and including 400m, this age group restriction will not apply. Events above 400m and not run in lanes will continue to have current age group restrictions applied for the protection of younger athletes.

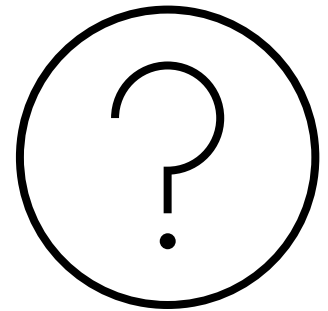
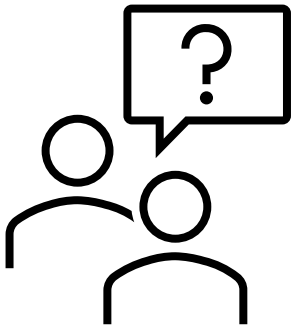
# Whose Responsibility?

Per guidance, athlete/coach/parent in co-operation with the meeting manager.

In practice, records committee/officials.

# SCOTTISH RECORDS

## Any Questions?



# “I’m Here”

## Officials Mental Health & Wellbeing

SAMH

Kirsty Ewan and Ryan Wood



# Officials – Mental Health and Wellbeing



# Group Discussion

**What does mental  
health mean to you?**

# Quiz

1

What proportion of people in Scotland will experience a mental health problem every year?

1 in 3

1 in 4

1 in 10

2

How many people are affected by depression globally?

200 million

300 million

500 million

3

How many people said being active positively impacted their wellbeing?

38%

57%

60%

4

Half of mental health problems in adulthood begin before what age?

Age 14

Age 16

Age 25

# The Partnership

scottishathletics 

**SAMH**  
Scottish Action for Mental Health

jogscotland 

**BELIEVE, BELONG, ACHIEVE** TOGETHER

scottishathletics 



Pre



During



Post





# Post Championships Legacy

- Official's Working Group
- Updating of the officials section of the website
- Updating the Mental Health awareness e-learning
- Creation of the I'm Here Programme for Officials  
- Learning from jogscotland "I'm Here" Programme
- Tools & Resources
- Next Steps





## Mental Health Stats – Scottish Athletics

1 in 14 people say they experience high levels of stress in their daily lives.

**Scottish Athletics has 18,000 club members which means 1,278 members experience stress daily.**

1 in 5 people will experience some form of anxiety.

**There are 857 Scottish Athletics Officials which means 171 officials experience this.**

1 in 9 people say they experience feelings of loneliness.

**Jog Scotland has 7,000 members which means 777 members experience these feelings.**

Lastly, 1 in 4 people will experience a mental health problem.

**With approximately 80 people in the room today, 20 people will experience a mental health problem.**





**BELIEVE, BELONG, ACHIEVE TOGETHER**

**scottishathletics** 

# Any questions?

# Comfort Break

Back in the room at 11.10am

# Please take your seats...

Table 1
Sharon Taylor
Andy Law
Jason Pender
Duncan Ball
Brenda Stephen
Gordon Baird
John Coyle
Moir Mitchell
Jane Dunlop

Table 2
Brian Burgess
Isabel Baird
Frank Coyle
David Fleming
Angela Lorimer
Rene Rogers
Evelyn Roxburgh
Dougie Gemmell
Pam Auckland

Table 3
Laura Gebbie
Margaret Baird
David Rose
Mike Forrest
Gary Woods
Mike Archibald
Alison Marden
Keith Plenderleith
Sheila Baillie

Table 4
Ann Malcolm
Rob Dalziel
Brian Brown
Avril Pearson
Norma Bruce
Aly MacPhail
Liz Scott
Stephen Wallace
Nicola Cameron

Table 5
Caitlin Watt
Brian Nisbet
Peter Ramsay
Kira Mourao
Scott Hunter
Linzie Marsh
Joyce Rammell
Tracy Hendry
Hugh Baillie

Table 6
Barry Connal
Alistair Aitchison
Carol Rose
Morna Fleming
Hin Lee
Rona Sneddon
Moir Lorgan
Bob Auckland
Jan Gammage

Table 7
Barbara Knox
Lorna Rogers
Sandy Forrest
Heather Stewart
David Hoole
George Sneddon
Gary Gammage
Gillian Burgess

Table 8
Craig Armstrong
Leslie Roy
Lesley Rogers
Graham McDonald
David Cairns
Alasdair Love
Donna Wallace
Amparo Ruiz-Prado

Table 9
Rebekah Rose
Moir Nisbet
Jim Oliver
Sandra Hardacre
Joyce Wighton
Anne Stewart
Mark Stringer
Kenneth Davies

# scottishathletics National Officials Conference

Sunday 19<sup>th</sup> November 2023

Carnegie Conference Centre

**BELIEVE, BELONG, ACHIEVE** TOGETHER

scottishathletics 

# Scenarios

Margaret-Ann  
MacLachlan

# Scenario 1

This is the National Senior Championships.

The men's 200m final starts. As the athletes approach the home straight, a set of shot puts roll onto the track.

The athletes in lanes 1,2 & 3 have to jump/slow down/move lane to avoid standing on them.

What should happen next?

Who makes this decision?

# Scenario 1

Track referee confirm that all athletes are not injured

TR17.1.1 – If an obstruction is considered to not be caused by an athlete, the referee may, order that the race be re-held...

Track referee/Meeting Manager/NTD



# Scenario 2

This is the National Senior Championships. There's a protest against a disqualification on the track. A team manager is asking for someone to speak to and to view their video footage.

What should happen next?

Who has the conversation with the team manager and then relays any further information?

# Scenario 2

The track referee should speak to the team manager. And view all available evidence.

TR8.3 – To reach a fair decision, the Referee should consider all available evidence which they think necessary...

The track referee would relay any information to the track referee.

# Scenario 3

It's the National 10k Championship.

It comes to your attention during the race that the athlete wearing bib number 1001 is not the athlete that is supposed to be wearing that number.

What should happen next?

Who makes the final decision?

# Scenario 3

TR5.11.2

If an athlete does not follow any part of Rule 5 and:...participates in the competition, they shall be disqualified.

Race Referee

# Scenario 4

It's the National U20 Championships.

A sprint athlete has intentionally delayed the start of their semi-final race by talking to their coach on the way back from their run-out. The athlete was already verbally warned about this in their heat.

What is the correct course of action?

Who makes this decision?

# Scenario 4

First conduct warning issued  
TR7.1 (16.5.2)

The start referee

# Scenario 4b

The athlete had been given a yellow card in the call room before coming to the start line.

What is now the correct course of action?  
Where would you find this information to confirm  
a previous yellow card was given?  
Who makes this decision?

# Scenario 4b

Issue a second conduct warning

The start list

The start referee



# Scenario 5

This is the National U17 Championships.

There are two athletes left in the high jump competition, and both have just cleared 1.52m. One athlete has passed at 1.56m, the other takes his jumps and has 3 failed attempts. Without being asked to jump again the “passed” athlete then jumps and clears 1.56m.

What is the correct course of action?

Who makes this decision?

# Scenario 5

Issue a first conduct warning

TR7.1/3 (25.5, 26.2)

25.5 – If any athlete by their own decision makes a trial in an order different from that previously determined, 7.1 shall be applied.

26.2 – If an athlete passes a trial at a certain height, they may not take any subsequent trials at that height. Except in the case for a jump off.

The field referee

# Scenario 6

This is a chip-timed National Cross Country Championship.

In the U15 girls' race, the 2<sup>nd</sup> and 3<sup>rd</sup> teams have the exact same points total.

How do you decide the 2<sup>nd</sup> and 3<sup>rd</sup> team positions?

# Scenario 6

The team whose last scoring runner finishes nearest first place determines the result.

Rule G2 S9(5)

# Scenario 7

This is the National Short Course Cross Country Championship. The Seniors/Junior Men's race is running with "chips in bibs", not in the runners' shoes. The 3<sup>rd</sup> and 4<sup>th</sup> M40 men finished with a tightly packed group and are given the same time. The line judge was only asked to note the first three senior finishers and had therefore left to cross-check these against the chip time results. How do you decide who is awarded 3<sup>rd</sup> place and the championship medal?

# Scenario 7

Check the chip timing finish back-up video to determine the finishing order.

# Lunch Time!

# Colin Hutchison

CEO

# Alasdhair Love

Head of Competitions

# scottishathletics Update

**BELIEVE, BELONG, ACHIEVE** TOGETHER

scottishathletics 



# Measurements

Contacts: 2023 Outdoors 757 – 2024 Outdoors 838 + 10.7%

Individuals: 2023 Outdoors 220 – 2024 Outdoors 219

District Champs

North +8%

East +15%

West +13%

# Measurements

Average at each championship day:

Level 1 – 10 (2023 10)

Level 2 – 13 (2023 10)

Level 3 – 09 (2023 09)

Level 4 – 27 (2023 25)

Level 1 Officials supporting  
championships – 64 (2023 33)

Average Age

2019 58.9

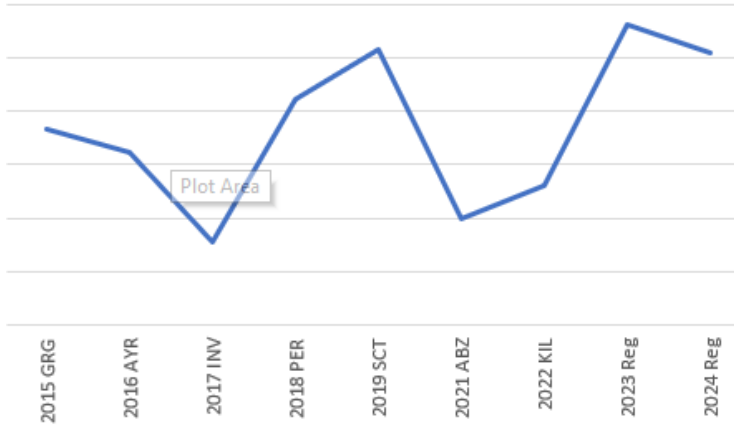
2024 59.2

## Investment

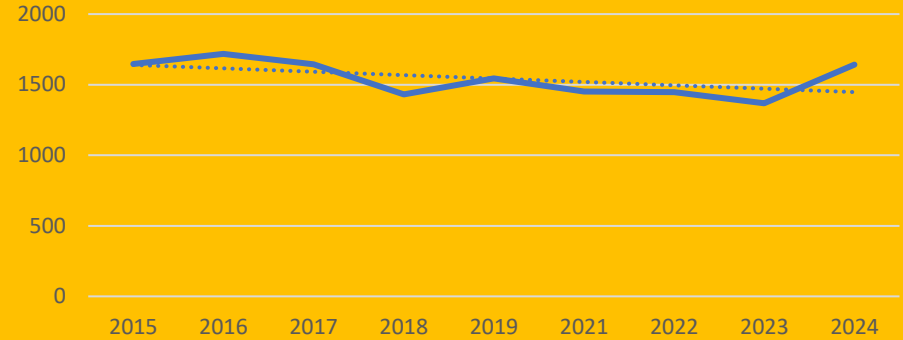
Amount	Season
£5,700	2022/23 Off Track
£8,600	2023 Indoor
£12,600	2023 Summer
£6,900	2023/24 Off Track
£6,300	2024 Indoor
£11,800	2024 Summer

# Measurements

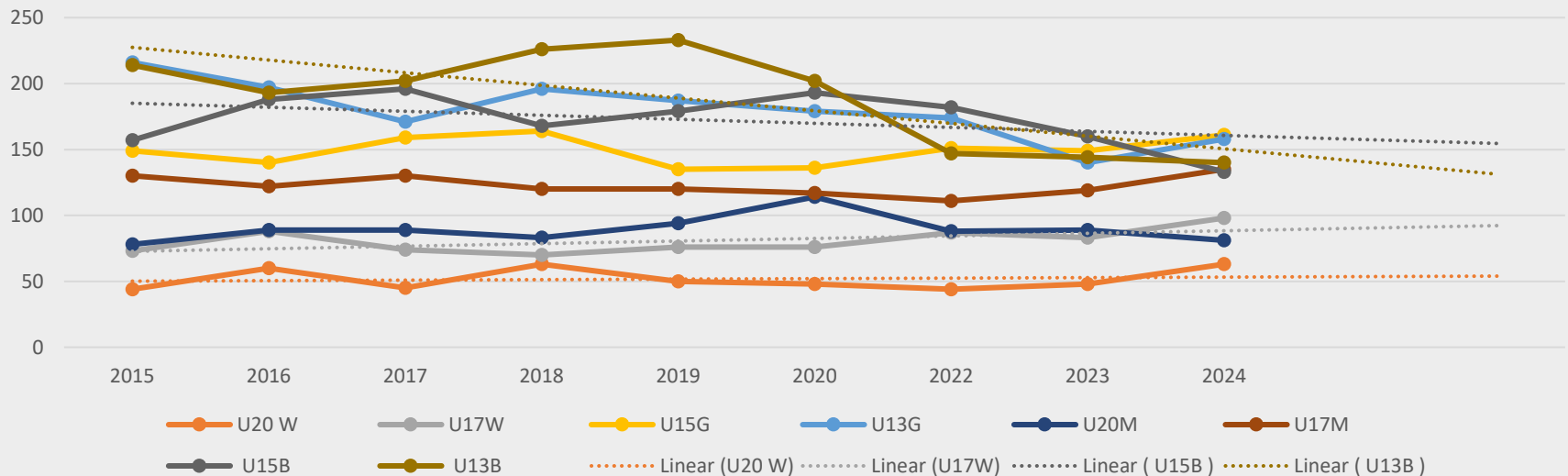
SUPERteams (No. of Athletes Entered)



Total Entries TF Champs



National XC Entries by Gender and Age Group (U13-U20)



# Measurements

	Sen	Age	Mas
2023	79%	86%	70%
2022	63%	CV19	69%
2021	80%	86%	
2019	78%	84%	
2018	78%	80%	
2017	77%	78%	
2016	83%	83%	

U20M	W	U20M	U20W	U15B	G	U15B	U15G	U13B	G	U13B	U13G
32	24	96.9%	104.2%	48	56	85.4%	110.7%	48	56	62.5%	114.3%
16	24	31.3%	25.0%	24	24	25.0%	125.0%	24	24	50.0%	100.0%
32	32	103.1%	90.6%	32	56	78.1%	100.0%	48	48	58.3%	100.0%
24	24	100.0%	79.2%	24	32	58.3%	59.4%				
16	16	50.0%	31.3%								
30	30	100.0%	73.3%	32	40	71.9%	102.5%	30	30	83.3%	120.0%
32	32	106.3%	62.5%	32	32	71.9%	81.3%	32	32	78.1%	96.9%
16	16	31.3%	50.0%								
20	20	35.0%	105.0%	24	40	104.2%	102.5%	24	40	104.2%	105.0%
20	20	15.0%	50.0%	15	15	13.3%	80.0%				
20	20	25.0%	50.0%	20	20	85.0%	115.0%	20	20	60.0%	80.0%
20	20	25.0%	20.0%	20	20	10.0%	0.0%				
20	20	20.0%	30.0%	20	20	35.0%	90.0%	20	20	85.0%	110.0%
20	20	25.0%	50.0%	20	20	45.0%	65.0%	20	20	60.0%	40.0%
20	20	30.0%	25.0%	20	20	50.0%	105.0%	20	20	105.0%	100.0%
20	20	25.0%	15.0%	20	20	25.0%	40.0%				
358	358			351	415			286	310		

Overall	72.7%		
<b>U20M</b>	<b>58.7%</b>	<b>U20W</b>	<b>56.7%</b>
U20MTrack	85.9%	U20WTrack	67.7%
U20MSprint	84.2%	U20W/Sprint	70.0%
U20MEnd	88.5%	U20WEnd	64.1%
U20MField	25.0%	U20WField	43.1%
U20MJump	25.0%	U20WJump	56.3%
U20MThrow	25.0%	U20WThrow	30.0%
<b>U15B</b>	<b>59.5%</b>	<b>U15G</b>	<b>89.9%</b>
U15BTrack	68.8%	U15GTrack	97.5%
U15BSprint	67.2%	U15GSprint	99.4%
U15BEnd	71.9%	U15GEnd	93.1%
U15BField	48.4%	U15GField	77.7%
U15BJump	58.2%	U15GJump	80.0%
U15BThrow	38.8%	U15GThrow	75.0%
<b>U13B</b>	<b>74.1%</b>	<b>U13G</b>	<b>101.6%</b>
U13BTrack	65.9%	U13GTrack	106.8%
U13BSprint	58.3%	U13GSprint	106.3%
U13BEnd	80.6%	U13GEnd	108.1%
U13BField	83.7%	U13GField	90.0%
U13BJump	84.1%	U13GJump	96.7%
U13BThrow	83.3%	U13GThrow	83.3%

# Measurements

## Education

April 2023 – March 2024

Training Day 75 attendees, 14 courses 158 attendees  
(255 2023)

April 2024 – November 2024

Training Day 88 attendees, 6 courses 55 attendees

# Age Groups

# 1<sup>st</sup> January 2026

Type of Event	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
<b>OUTDOORS MALE</b>	Senior (and U23s)	110H	106.7cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	U20 Junior Men	110H	99cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	91.4cm	10	Green	45m	35m	40m	3.6kg
	U18 Youth	110H	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400H	84cm	10	Green	45m	35m	40m	3.6kg
	U16 Boys	100H	84cm	10	Yellow	13m	8.5m	10.5m	2.7kg
		300mH	76.2cm	7	Green	45m	35m	40m	2.7kg
	U14 Boys	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		200mH	76.2cm	5	Green	20m	35m	40m	2.7kg
	U12 Boys	75H	68.2cm	8	Orange	11.5m	7.5m	11m	2.7kg
<b>OUTDOORS FEMALE</b>	Seniors / U23s / U20s	100H	84cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	U18 Youth	100H	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400H	76.2cm	10	Green	45m	35m	40m	3.6kg
	U16 Girls	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
		300H	76.2cm	7	Green	45m	35m	40m	2.7kg
	U14 Girls	75H	68.2cm	8	Orange	11.5m	7.5m	11m	2.7kg
		200H	68.2cm	5	Green	20m	35m	40m	2.7kg
	U12 Girls	70H	68.2cm	7	Pink	11m	7m	10m	2.7kg

Type of Event	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
<b>INDOORS MALES</b>	Senior (and U23s) Junior Men U20 U18 Youth U16 U14	60H	106.7cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
		60H	99cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
		60H	91.4cm	5	Blue	13m	8.5m	13m	3.6kg
		60H	84cm	5	Yellow	12m	8m	16m	2.7kg
		60H	76.2cm	5	Black	11.5m	7.5m	18.5m	2.7kg
<b>INDOORS FEMALES</b>	Seniors / U23s / U20s U18 Youth U16 Girls U14 Girls U12 Girls	60H	84cm	5	Yellow	13m	8.5m	13m	3.6kg
		60H	76.2cm	5	Yellow	13m	8.5m	13m	3.6kg
		60H	76.2cm	5	Black	12m	8m	16m	2.7kg
		60H	76.2cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
		60H	68.5cm	5	Pink	11m	7m	21m	2.7kg
UNISEX	U10s	60H	60cm	6	No Marking	10m	6.5m	17.5m	N/a

Type of Event	Age Group	Event	Hurdle Height	Number of Barriers Per Race	Number of Water Barriers per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line
<b>STEEPLECHASE</b>	Senior & U23 Men U20 Men U16 Youth U16 Boys U14 Boys	3000m	91.4cm	28	7		257.8m	78.0m - 79.0m	62.2m
		3000m	91.4cm	28	7		257.8m	78.0m - 79.0m	62.2m
		2000m	83.8cm	18	5		203.8m	78.0m - 79.0m	62.2m
		1500m	83.8cm	13	3		255.8m	78.0m - 79.0m	62.2m
		1200m - Potential new event long term	76.2cm						
	U20, U23 & Senior Women U18 Youth U16 Girls U14 Girls	3000m	76.2cm	28	7		257.8m	78.0m - 79.0m	62.2m
		2000m	76.2cm	18	5		203.8m	78.0m - 79.0m	62.2m
		1500m	76.2cm	13	3		255.8m	78.0m - 79.0m	62.2m
		1200m - Potential new event long term	76.2cm						



Event	Age Group	Implement Weight	Min Diameter	Max Diameter	Event	Age Group	Implement Weight	Outer diameter of metal rim		Diameter of metal plates		Thickness of centre		Thickness of Rim at 6mm from edge	
								Min	Max	Min	Max	Min	Max	Min	Max
SHOT PUT	Senior (and U23s)	7.26kg	110mm	130mm	DISCUS	Senior (and U23s)	2.00kg	219mm	221mm	50mm	57mm	41mm	43mm	12mm	13mm
	U20 Junior Men	6.00kg	105mm	125mm		U20 Junior Men	1.75kg	210mm	212mm	50mm	57mm	41mm	43mm	12mm	13mm
	U18 Youth	5.00kg	100mm	120mm		U18 Youth	1.50kg	200mm	202mm	50mm	57mm	38mm	40mm	12mm	13mm
	U16 Boys	4.00kg	95mm	110mm		U16 Boys	1.25kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Boy	3.00kg	85mm	110mm		U14 Boy	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U12 Boys	2-2.72kg	80mm	110mm		U12 Boys	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	Seniors / U23s / U20s	4.00kg	95mm	110mm		Seniors / U23s / U20s	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U18 Youth	3.00kg	85mm	110mm		U18 Youth	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U16 Girls	3.00kg	85mm	110mm		U16 Girls	1.00kg	180mm	182mm	50mm	57mm	37mm	39mm	12mm	13mm
	U14 Girls	2.72kg	85mm	110mm		U14 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	U12 Girls	2.72kg	85mm	110mm		U12 Girls	0.75kg	145mm	170mm	50mm	57mm	25mm	35mm	10mm	11mm
	U12 Girls	2kg	80mm	110mm											

Event	Age Group	Implement Weight	Hammer Cable Length	Min Diameter	Max Diameter
HAMMER	Senior (and U23s)	7.26kg	121.5cm	110mm	130mm
	U20 Junior Men	6kg	121.5cm	105mm	125mm
	U18 Youth	5kg	120cm	100mm	120mm
	U16 Boys	4kg	119.5cm	95mm	110mm
	U14 Boy	3kg	119.5cm	85mm	100mm
	Seniors / U23s / U20s	4kg	119.5cm	95mm	110mm
	U18 Youth	3kg	119.5cm	85mm	100mm
	U16 Girls	3kg	119.5cm	85mm	100mm
	U14 Girls	2kg	119.5cm	80mm	90mm

Event	Age Group	Implement Weight	Length of Javelin		Length of metal head		Distance from tip of metal head to CoG		Diameter of thickest point		Whipcord Width	
Measurements in millimetres (mm)			Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
JAVELIN	Senior (and U23s)	800grams	2600	2700	250	330	900	1060	25	30	150	160
	U20 Junior Men	800grams	2600	2700	250	330	900	1060	25	30	150	160
	U18 Youth	700grams	2300	2400	250	330	860	1000	23	28	150	160
	U16 Boys	600grams	2200	2300	250	330	800	920	20	25	140	150
	U14 Boy	500grams	2000	2100	220	270	780	880	20	24	135	145
	U12 Boys	400grams	1700	1950	200	300	700	850	19	24	130	140
	Seniors / U23s / U20s	600grams	2200	2300	250	330	800	920	20	25	140	150
	U18 Youth	500grams	2000	2100	220	270	780	880	20	24	135	145
	U16 Girls	500grams	2000	2100	220	270	780	880	20	24	135	145
	U14 Girls	400grams	1700	1950	200	300	700	850	19	24	130	140
	U12 Girls	400grams	1700	1950	200	300	700	850	19	24	130	140

# Presentation of Service Awards

# 5 Years Service Awards

Jan Gammage

Gary Gammage

Dougie Gemmell

Tracy Hendry

David Hoole

Angela Lorimer

Moira Mitchell

Rene Rogers

# 10 Years Service Awards

Barry Connal  
Aly MacPhail

# 15 Years Service Awards

Mike Archibald	Keith Plenderlieth
Pam Auckland	Moira Nisbet
Norma Bruce	Mark Stringer
Ally Love	David Wallace

# 25 Years Service Awards

Ken Davies

Graham McDonald

Margaret-Ann MacLachlan

Anne Stewart



Thank you  
&  
Safe Travels!

