

## SPORTS DAY

Wednesday 4<sup>th</sup> May 2022

VENUE: Brecon Leisure Centre

(Entry Date: Monday 11<sup>th</sup> April 2022)

**Entry Date: 11/04/2022**  
**Winter Marks: N/A**  
**Last Amended: 23/03/2022**  
**Withdrawal by: 31/04/2022**

### Competitors to Report for 5.30pm for a 6.00pm Start

**Mary Phillips Sports Trophy:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

**John Davies, Tyclyd, Beulah - Sports Trophy 18 years of age or under:** Points will be recorded as follows: For team or individual - 4 points for 1st place; 3 points for 2nd; 2 points for 3rd and 1 point for participation.

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- **PUNCTUALITY** - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
  - Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
  - Play to commence promptly in each of the competitions.
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Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day/evening. If clubs have more than one guest, then the points are split, or the combined team play for fun and no points are awarded. For mixed competitions, if teams have too many girls or not enough boys then teams are allowed to play at a disadvantage only

## Athletics

A member may compete in ONE race, ONE field event and ONE relay.

## **PROCEDURE**

The Athletics competition will include both track and field events. For each track event there will be two semi finals and a final. For each field event it will be best of three attempts. All events will be held in 8 categories -

14 or under - Male  
14 or under - Female  
16 or under - Male  
16 or under - Female  
21 or under - Male  
21 or under - Female  
28 or under - Male  
28 or under - Female

### TRACK EVENTS

Race 1 - 100m  
Race 2 - 800m

### FIELD EVENTS

Event 1 - Shot Put  
Event 2 - Discuss

Event 3 - Long Jump  
Event 4 - High Jump

RELAY RACE  
4 x 100m

In order to find the overall winning Athletics teams, points will be awarded as follows:  
1<sup>st</sup> - 4 points, 2<sup>nd</sup> - 3 points, 3<sup>rd</sup> - 2 points; 1 point for participation.

Rules as for Wales YFC Eliminator, at Brecon Leisure Centre on Sunday, 19<sup>th</sup> June 2022.)

Entries to be submitted online by **Monday 11<sup>th</sup> April 2022**. NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

**WITHDRAWAL FROM COMPETITIONS**

Clubs/Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the answer phone.**

**FOR COMPETITORS/TEAMS WHO DO NOT TURN UP FOR A COMPETITION ON THE DAY, THE COUNTY OFFICIALS WILL MAKE THE DECISION WHETHER TO DEDUCT THE 5 POINTS OR NOT, DEPENDING ON CIRCUMSTANCES.**

**Please Note:** "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms, and photos *must* be attached to the Entry Form when returned by clubs."

**PLEASE NOTE:** If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.