

## ACHILLES CUP 2018 Programme

No.	Age	Event	Gp/Div	Time
1	Open	3000	A1 & B1	9.15
2	Open	3000	A2 & B2	9.15
3	13	JAV	A1	9.30
4	13	JAV	B1	9.30
5	14	DISC	A1 & B1	9.30
6	14	DISC	A2 & B2	9.30
7	16	HAM	A2 & B2	9.30
8	16	HJ	A1 & B1	9.30
9	16	HJ	A2 & B2	9.30
10	Open	LJ	A1 & B1	9.30
11	Open	LJ	A2 & B2	9.30
12	15	TJ	A1 & B1	9.30
13	15	TJ	A2 & B2	9.30
14	13	Hurds	B1	9.30
15	13	Hurds	A1	9.30
16	14	Hurds	B2	9.38
17	14	Hurds	B1	9.38
18	14	Hurds	A2	9.42
19	14	Hurds	A1	9.42
20	16	PV	A1 & B1	9.45
21	16	PV	A2 & B2	9.45
22	15	Hurds	B2	9.48
23	15	Hurds	B1	9.48
24	15	Hurds	A2	9.52
25	15	Hurds	A1	9.52
26	16	Hurds	B2	9.56
27	16	Hurds	B1	9.56
28	16	Hurds	A2	10.00
29	16	Hurds	A1	10.00
30	Open	Hurds	B2	10.08
31	Open	Hurds	B1	10.08
32	Open	Hurds	A2	10.12
33	Open	Hurds	A1	10.12
34	15	800	A2 & B2	10.20
35	15	800	A1 & B1	10.24
36	Open	DISC	A1 & B1	10.25
37	Open	DISC	A2 & B2	10.25
38	13	HJ	A1	10.25
39	13	HJ	B1	10.25
40	15	JAV	A1 & B1	10.25
41	15	JAV	A2 & B2	10.25
42	14	LJ	A1 & B1	10.25
43	14	LJ	A2 & B2	10.25
44	16	SHOT	A1 & B1	10.25
45	16	SHOT	A2 & B2	10.25
46	14	800	A2 & B2	10.28
47	14	800	A1 & B1	10.32
48	13	800	A1 & B1	10.36
49	16	400	B2	10.41
50	16	400	B1	10.41
51	16	400	A2	10.46
52	16	400	A1	10.46

No.	Age	Event	Gp/Div	Time
53	Open	400	B2	10.51
54	Open	400	B1	10.51
55	Open	400	A2	10.56
56	Open	400	A1	10.56
57	13	100	B1	11.05
58	13	100	A1	11.05
59	14	100	B2	11.09
60	14	100	B1	11.09
61	14	100	A2	11.13
62	14	100	A1	11.13
63	15	DISC	A1 & B1	11.15
64	15	DISC	A2 & B2	11.15
65	Open	HAM	A2 & B2	11.15
66	Open	HJ	A1 & B1	11.15
67	Open	HJ	A2 & B2	11.15
68	14	JAV	A2 & B2	11.15
69	14	JAV	A1 & B1	11.15
70	13	SHOT	A1	11.15
71	13	SHOT	B1	11.15
72	16	TJ	A1 & B1	11.15
73	16	TJ	A2 & B2	11.15
74	15	100	B2	11.16
75	15	100	B1	11.16
76	15	100	A2	11.20
77	15	100	A1	11.20
78	13	400	B1	11.29
79	13	400	A1	11.29
80	14	400	B2	11.34
81	14	400	B1	11.34
82	14	400	A2	11.39
83	14	400	A1	11.39
84	15	400	B2	11.44
85	15	400	B1	11.44
86	15	400	A2	11.49
87	15	400	A1	11.49
88	16	800	A2 & B2	11.54
89	16	800	A1 & B1	11.58
90	Open	800	A2 & B2	12.02
91	16	DISC	A1 & B1	12.05
92	16	DISC	A2 & B2	12.05
93	15	HJ	A1 & B1	12.05
94	15	HJ	A2 & B2	12.05
95	13	LJ	A1	12.05
96	13	LJ	B1	12.05
97	Open	SHOT	A1 & B1	12.05
98	Open	SHOT	A2 & B2	12.05
99	14	TJ	A1 & B1	12.05
100	14	TJ	A2 & B2	12.05
101	Open	800	A1 & B1	12.06
102	16	100	B2	12.15
103	16	100	B1	12.15
104	16	100	A2	12.19

No.	Age	Event	Gp/Div	Time
105	16	100	A1	12.19
106	Open	100	B2	12.23
107	Open	100	B1	12.23
108	Open	100	A2	12.27
109	Open	100	A1	12.27
110	Open	PV	A2 & B2	12.30
111	Open	PV	A1 & B1	12.30
112	15	1500	A2 & B2	12.37
113	15	1500	A1 & B1	12.44
114	14	1500	A2 & B2	12.51
115	13	DISC	A1	12.55
116	13	DISC	B1	12.55
117	Open	HAM	A1 & B1	12.55
118	16	JAV	A2 & B2	12.55
119	16	JAV	A1 & B1	12.55
120	15	LJ	A1 & B1	12.55
121	15	LJ	A2 & B2	12.55
122	14	SHOT	A1 & B1	12.55
123	14	SHOT	A2 & B2	12.55
124	Open	TJ	A1 & B1	12.55
125	Open	TJ	A2 & B2	12.55
126	14	1500	A1 & B1	12.58
127	16	200	B2	13.15
128	16	200	B1	13.15
129	16	200	A2	13.19
130	16	200	A1	13.19
131	Open	200	B2	13.23
132	Open	200	B1	13.23
133	Open	200	A2	13.27
134	Open	200	A1	13.27
135	13	200	B1	13.31
136	13	200	A1	13.33
137	14	200	B2	13.35
138	14	200	B1	13.35
139	14	200	A2	13.39
140	14	200	A1	13.39
141	15	200	B2	13.43
142	15	200	B1	13.43
143	16	HAM	A1 & B1	13.45
144	14	HJ	A1 & B1	13.45
145	14	HJ	A2 & B2	13.45
146	Open	JAV	A2 & B2	13.45
147	Open	JAV	A1 & B1	13.45
148	16	LJ	A1 & B1	13.45
149	16	LJ	A2 & B2	13.45
150	15	SHOT	A1 & B1	13.45
151	15	SHOT	A2 & B2	13.45
152	13	TJ	A1	13.45
153	13	TJ	B1	13.45
154	15	200	A2	13.47
155	15	200	A1	13.47
156	13	1500	A1 & B1	14.00
157	16	1500	A2 & B2	14.07
158	16	1500	A1 & B1	14.14
159	Open	1500	A2 & B2	14.21
160	Open	1500	A1 & B1	14.28

No.	Age	Event	Gp/Div	Time
161	13	Relay	B	14.38
162	13	Relay	A	14.38
163	14	Relay	B	14.42
164	14	Relay	A	14.42
165	15	Relay	B	14.46
166	15	Relay	A	14.46
167	16	Relay	B	14.50
168	16	Relay	A	14.50
169	Open	Relay	B	14.54
170	Open	Relay	A	14.54

### RULES AND INFORMATION

- Athletes competing in the Achilles Cup must be under that particular age on January 1<sup>st</sup> of the year of competition. Those competing in Open events must be under 19.
- An athlete may compete in his own age group or above BUT may contest any particular event only ONCE on the day. Schools may enter one competitor in each of two divisions (Except in U13 where the competitor competes in Division One only).
- Uniform - Each competitor must wear the correct school athletic which may include skins but they must be in the school colours and without logos showing. In field events, school coloured track suit bottoms may be worn. **SHOES MUST BE WORN on both feet.**
- In throwing events, the long jump and the triple jump, three trials are allowed. In high jump an athlete must retire after three consecutive failures.
- In all field events, an athlete may take his jump or throw out of sequence within a round, but once the round is completed he forfeits his turn and must wait for the next round. In the high jump the bar will never be lowered in a competition and a competitor may not take a first attempt while other athletes are in their second attempt. Such an athlete may only join in at the next height.
- In throwing events, athletes are allowed to throw their own implements, but their suitability must be given by the chief official and it is also available for any athlete to throw.
- For all track events, B Group schools compete before A Group schools, Division 2 races are before Division 1.
- For all field events, Division 1 athletes from **ALL** schools compete together. Similarly, Division 2 athletes from all schools compete together.
- Starting heights and increments for pole vault and high jump are as follows:

Pole Vault		High Jump				
Open	U16	Open	U16	U15	U14	U13
1.80	1.50	1.50	1.45	1.40	1.30	1.25
2.00	1.70	1.55	1.50	1.45	1.35	1.30
2.20	1.90	1.60	1.55	1.50	1.40	1.35
2.40	2.10	etc	etc	etc	etc	etc
2.60	2.30	When only 3 competitors remain the increments will be 3cms				
then 10cm rises	then 10cm rises					

- Implement weights:

Age Group	Shot Put	Discus	Javelin	Hammer
Open	6Kg	1.75Kg	800g	6.0Kg
U16	4Kg	1.0Kg	700g	4.0Kg
U15	4Kg	1.0Kg	600g	
U14	3Kg	1.0Kg	600g	
U13	3Kg	1.0Kg	600g	

9.

Hurdle Races	Dist	Height of Hurdle	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish
Open	110m	10 x 91.5cms	13.72m	9.14m	14.02m
U16	100m	10 x 84cms	13m	8.5m	10.50m
U15	100m	10 x 84cms	13m	8.5m	10.50m
U14	90m	9 x 76.2cms	13m	8m	13.00m
U13	80m	9 x 76.2cms	12m	7m	12.00m

10. Spike Length: Track – 7mm; High Jump & Javelin – 9mm.

11. Competition points will be awarded providing the athlete completes the event.

12. Failure to register a valid performance in any event will result in no points being scored.

13. There is no obligation on schools to enter all events

No.	Age	Event	Gp/Div	Time
3	13	JAV	A1	9.30
4	13	JAV	B1	9.30
14	13	Hurds	B1	9.30
15	13	Hurds	A1	9.30
38	13	HJ	A1	10.25
39	13	HJ	B1	10.25
48	13	800	A1 & B1	10.36
57	13	100	B1	11.05
58	13	100	A1	11.05
70	13	SHOT	A1	11.15
71	13	SHOT	B1	11.15
78	13	400	B1	11.29
79	13	400	A1	11.29
95	13	LJ	A1	12.05
96	13	LJ	B1	12.05
115	13	DISC	A1	12.55
116	13	DISC	B1	12.55
135	13	200	B1	13.31
136	13	200	A1	13.33
152	13	TJ	A1	13.45
153	13	TJ	B1	13.45
156	13	1500	A1 & B1	14.00
161	13	Relay	B	14.38
162	13	Relay	A	14.38
No.	Age	Event	Gp/Div	Time
5	14	DISC	A1 & B1	9.30
6	14	DISC	A2 & B2	9.30
16	14	Hurds	B2	9.38
17	14	Hurds	B1	9.38
18	14	Hurds	A2	9.42
19	14	Hurds	A1	9.42
42	14	LJ	A1 & B1	10.25
43	14	LJ	A2 & B2	10.25
46	14	800	A2 & B2	10.28
47	14	800	A1 & B1	10.32
59	14	100	B2	11.09
60	14	100	B1	11.09
61	14	100	A2	11.13
62	14	100	A1	11.13
68	14	JAV	A2 & B2	11.15
69	14	JAV	A1 & B1	11.15
80	14	400	B2	11.34
81	14	400	B1	11.34
82	14	400	A2	11.39

83	14	400	A1	11.39
99	14	TJ	A1 & B1	12.05
100	14	TJ	A2 & B2	12.05
114	14	1500	A2 & B2	12.51
122	14	SHOT	A1 & B1	12.55
123	14	SHOT	A2 & B2	12.55
126	14	1500	A1 & B1	12.58
137	14	200	B2	13.35
138	14	200	B1	13.35
139	14	200	A2	13.39
140	14	200	A1	13.39
144	14	HJ	A1 & B1	13.45
145	14	HJ	A2 & B2	13.45
163	14	Relay	B	14.42
164	14	Relay	A	14.42
No.	Age	Event	Gp/Div	Time
12	15	TJ	A1 & B1	9.30
13	15	TJ	A2 & B2	9.30
22	15	Hurds	B2	9.48
23	15	Hurds	B1	9.48
24	15	Hurds	A2	9.52
25	15	Hurds	A1	9.52
34	15	800	A2 & B2	10.20
35	15	800	A1 & B1	10.24
40	15	JAV	A1 & B1	10.25
41	15	JAV	A2 & B2	10.25
63	15	DISC	A1 & B1	11.15
64	15	DISC	A2 & B2	11.15
74	15	100	B2	11.16
75	15	100	B1	11.16
76	15	100	A2	11.20
77	15	100	A1	11.20
84	15	400	B2	11.44
85	15	400	B1	11.44
86	15	400	A2	11.49
87	15	400	A1	11.49
93	15	HJ	A1 & B1	12.05
94	15	HJ	A2 & B2	12.05
112	15	1500	A2 & B2	12.37
113	15	1500	A1 & B1	12.44
120	15	LJ	A1 & B1	12.55
121	15	LJ	A2 & B2	12.55
141	15	200	B2	13.43
142	15	200	B1	13.43
150	15	SHOT	A1 & B1	13.45
151	15	SHOT	A2 & B2	13.45

154	15	200	A2	13.47
155	15	200	A1	13.47
165	15	Relay	B	14.46
166	15	Relay	A	14.46
No.	Age	Event	Gp/Div	Time
7	16	HAM	A2 & B2	9.30
8	16	HJ	A1 & B1	9.30
9	16	HJ	A2 & B2	9.30
20	16	PV	A1 & B1	9.45
21	16	PV	A2 & B2	9.45
26	16	Hurds	B2	9.56
27	16	Hurds	B1	9.56
28	16	Hurds	A2	10.00
29	16	Hurds	A1	10.00
44	16	SHOT	A1 & B1	10.25
45	16	SHOT	A2 & B2	10.25
49	16	400	B2	10.41
50	16	400	B1	10.41
51	16	400	A2	10.46
52	16	400	A1	10.46
72	16	TJ	A1 & B1	11.15
73	16	TJ	A2 & B2	11.15
88	16	800	A2 & B2	11.54
89	16	800	A1 & B1	11.58
91	16	DISC	A1 & B1	12.05
92	16	DISC	A2 & B2	12.05
102	16	100	B2	12.15
103	16	100	B1	12.15
104	16	100	A2	12.19
105	16	100	A1	12.19
118	16	JAV	A2 & B2	12.55
119	16	JAV	A1 & B1	12.55
127	16	200	B2	13.15
128	16	200	B1	13.15
129	16	200	A2	13.19
130	16	200	A1	13.19
143	16	HAM	A1 & B1	13.45
148	16	LJ	A1 & B1	13.45
149	16	LJ	A2 & B2	13.45
157	16	1500	A2 & B2	14.07
158	16	1500	A1 & B1	14.14
167	16	Relay	B	14.50
168	16	Relay	A	14.50
No.	Age	Event	Gp/Div	Time
1	Open	3000	A1 & B1	9.15
2	Open	3000	A2 & B2	9.15

10	Open	LJ	A1 & B1	9.30
11	Open	LJ	A2 & B2	9.30
30	Open	Hurds	B2	10.08
31	Open	Hurds	B1	10.08
32	Open	Hurds	A2	10.12
33	Open	Hurds	A1	10.12
36	Open	DISC	A1 & B1	10.25
37	Open	DISC	A2 & B2	10.25
53	Open	400	B2	10.51
54	Open	400	B1	10.51
55	Open	400	A2	10.56
56	Open	400	A1	10.56
65	Open	HAM	A2 & B2	11.15
66	Open	HJ	A1 & B1	11.15
67	Open	HJ	A2 & B2	11.15
90	Open	800	A2 & B2	12.02
97	Open	SHOT	A1 & B1	12.05
98	Open	SHOT	A2 & B2	12.05
101	Open	800	A1 & B1	12.06
106	Open	100	B2	12.23
107	Open	100	B1	12.23
108	Open	100	A2	12.27
109	Open	100	A1	12.27
110	Open	PV	A2 & B2	12.30
111	Open	PV	A1 & B1	12.30
117	Open	HAM	A1 & B1	12.55
124	Open	TJ	A1 & B1	12.55
125	Open	TJ	A2 & B2	12.55
131	Open	200	B2	13.23
132	Open	200	B1	13.23
133	Open	200	A2	13.27
134	Open	200	A1	13.27
146	Open	JAV	A2 & B2	13.45
147	Open	JAV	A1 & B1	13.45
159	Open	1500	A2 & B2	14.21
160	Open	1500	A1 & B1	14.28
169	Open	Relay	B	14.54
170	Open	Relay	A	14.54