

13 August 2020

ENGLISH SCHOOLS' AA VIRTUAL COMBINED EVENTS COMPETITIONS 2020
ENGLISH SCHOOLS' AA VIRTUAL RACE WALK COMPETITION 2020

Following the enthusiasm shown for the English Schools' AA Virtual Track & Field Championships last month, we are pleased to offer a similar opportunity to Combined Events and Race Walk athletes now that the English Schools' AA Combined Events/Race Walk Championships have had to be cancelled.

Combined Events:

With the loss of the event that so many young athletes had hoped might be able to take place in September, we have made the decision to offer an opportunity for athletes to build their 'scores', competing with others across the country, between Thursday 20 August and Sunday 20 September (which would have been the second day of the Championships in Bedford).

We hope that competing, either in training sessions or club Open Meetings (should more of these become possible), the gradual accumulation of the appropriate events for a Pentathlon, Heptathlon, Octathlon or Decathlon will raise the mood of so many athletes and, even if they can't be in the same place to do so, they will get the great feeling of competition and comradeship that the ESAA Combined Events Championships always bring.

We are aware that many tracks across the country are still closed, coaching sessions remain difficult and that the school holidays have now begun. Nevertheless, we still felt it was worthwhile trying to do something, hence the decision to stage these virtual competitions during the month leading up to what was to have been the Championships weekend.

In order to make the competition attractive and accessible, events do not have to be completed in the correct order, nor on any particular day. Track events will be scored from the manual scoring tables as most athletes will not have access to electronic timing. Athletes are not restricted to 3 trials in Long Jump and Throws - their best result will be used to determine their points score.

Again, to ensure uniformity, High Jump competitions must go up in increments of 3cms (if necessary starting below 1m40 but then through 1m40 and up). The Senior Boys' Pole Vault must go up in increments of 10cms (if necessary starting below 3m00 but then through 3m00 and up). Details are on the entry form.

Race Walks

The standard distances are included, namely:

JB,JG,IG 3000m IB,SB,SG 5000m

And all times must be achieved on the track.

You can attempt the distance on numerous occasions between the dates and only your best performance between these dates will be included in the results. Please ensure coaches or teachers are on hand to ratify technique.

Clearly, as these will be training results, and photo-finish won't be in use, they won't be eligible for Power of Ten, and there are large areas where errors can creep in, from coaches misreading tapes to out and out exaggeration of results, which we hope won't happen, but we hope to get a good set of results from a fun competitive opportunity, even if nobody is going to be crowned ESAA Champion!

All athletes will receive a certificate to show they participated in the event, sent by email to the contact email address given at the bottom of the entry form.

You will be able to see a link to the results on the ESAA Facebook page after the end of competition. This is very much a trial on our part, and volunteers are staging it, so please bear with us that we

can't provide running results during the month, but only final results as soon as possible after 20 September.

To enter the competition, submit results and details via the attached links at any time after Thursday 20 August. All entry forms must be received by midnight on Sunday 20 September.

[ESAA RW VIRTUAL COMPETITION](#)

[ESAA CE VIRTUAL COMPETITION 2020](#)

We shall need various details about the athlete (we will comply with all GDPR), all the appropriate event performance (verified by the teacher, coach or official in attendance) and a contact email so we can send the certificate to show you competed in the 2020 virtual ESAA Combined Events/Race Walk competition.

I hope you are able to put together a Pentathlon, Heptathlon, Octathlon, Decathlon or/and Race Walk, according to your age group, and get some enjoyment out of being part of a national event, albeit a virtual one. Good luck!

On behalf of the ESAA Combined Events and Race Walk Coordinators.