



**COMPETITION**  
**RULES**

**2024**

## COMPETITION RULES

### 1. MATCHES / EVENTS

The league will comprise of 4 matches, ideally with 2 on a Saturday & 2 on a Sunday.

The composition of each division shall consist of 6 teams with the exception of the lowest division, where a higher number will be permitted to allow new clubs to join the league.

In any match where sufficient lanes are not available, separate races shall be held as 'time trials' and match points allocated accordingly. Competitors attaining equal times shall be accorded the same place for scoring purposes regardless of the finishing order of the trial.

#### Men

100m	200m	400m	800m	1500m	5000m	110 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	3000 S/Chase	Non-Scoring 100m	

#### Women

100m	200m	400m	800m	1500m	3000m	100 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	<b>2000 S/Chase</b>	Non-Scoring 100m	

The use of personal electronic equipment is banned from within the competition area.

### 2. ORDER & TIME OF EVENTS

<b>10:30 START WARM-UPS FOR FIELD EVENTS THAT COMMENCE AT 11:00 &amp; 11:30</b>			
11:00	Hammer Men	Long Jump Women	<i>Pole Vault (Women) Premier Div. Only</i>
11:30			<i>Pole Vault ALL Divisions 1 &amp; 2</i>
12:00		Hammer Women	
12:35	Long Jump Men		
13:00	400m H Women	Discus Men	Shot Women
13:10	400m H Men	High Jump Men	
13:25	800m Women		<i>Pole Vault (Men) Premier Division Only</i>
13:35	800m Men		
13:45	100m Women		
13:55	100m Men		
14:00	Non-Scoring 100m (M & W)	Discus Women	
*14:05	3000m S/C Men (matches 1&3)	Shot Men	
*14:05	<b>2000m S/C Women (matches 2&amp;4)</b>		
14:10		Triple Jump Women	
14:25	100mH Women		
*14:35	3000m Women (matches 1&3)		
*14:35	5000m Men (matches 2&4)		
14:45		High Jump Women	
14:55	110m H Men		
15:00	Javelin Men		
15:05	400m Women		
15:15	400m Men		
15:20	1500m Men		
15:35	1500m Women		
15:45	200m Women	Triple Jump Men	
15:55	200m Men		
*16:05	5000m Men (matches 1&3)		
*16:05	3000m Women (matches 2&4)	Javelin Women	
16:30	4 x 100m Women		
16:40	4 x 100m Men		
16:50	4 x 400m Women		
17:00	4 x 400m Men		

Variation in the timetabling of events may be allowed to suit local conditions and Health and Safety issues.

**Non-scoring Competitors are NOT allowed with the exception of the timetabled non-scoring 100m races**

### 3. HOSTING OF MATCHES

#### All clubs shall host a fixture at least once every two years

##### a) Host Clubs

Host Clubs shall be responsible for the provision of adequate officials to run the meeting. In the event of a meeting being hosted by more than one club, the responsibility for providing officials shall be divided equally. The host club shall be responsible for the provision of at least:-

- ◆ All Match Fees
- ◆ Chief Starter
- ◆ Marksman / Starter's Assistant
- ◆ **Photo-Finish Technician (when photo-finish in use)**
- ◆ Chief Timekeeper
- ◆ Track Referee
- ◆ Field Referee
- ◆ Match Recorders (Two per match)
- ◆ Announcer
- ◆ First Aid Cover
- ◆ Officials' refreshments
- ◆ Preparing the Field Cards

**The host club should inform all visiting clubs before the day of the match or, if this is not practicable, half an hour before the match is due to start, if the pole vault and high jump equipment cannot comply with the minimum height requirement.**

##### b) Participating Clubs

All participating clubs, including the host club (in addition to providing the chief officials listed under 3 a) above), shall provide **AT LEAST** the following officials (preferably graded) who **must** remain present for the full duration of their duties:-

- ◆ **One Track Judge (unless replaced by the Photo-Finish Judge – host club only)**
- ◆ **One Timekeeper (unless replaced by the Photo-Finish Judge – host club only)**
- ◆ **One Photo-Finish Judge (at least at Level 1 – host club only)**
- ◆ Five Field Judges of whom 2 must be qualified (with one of them being at Level 2 (Field) as a minimum)
- ◆ Each club should be allocated field event(s) in advance. It shall be the responsibility of the Field Referee, in co-ordination with the divisional secretary, to ensure that competent graded officials shall be in charge.

##### c) Clubs providing the requisite number of officials as defined in rule 3b) above will be awarded points as follows:-

1 Track Judge, 1 Time Keeper **(or Photo-Finish Judge if replacing either the Track Judge or Timekeeper – host club only)** & 5 Field Judges will each accrue 5 points, if unqualified, towards their team's total point score. If the Track Judge, Timekeeper and 2 of the Field Judges (one of whom is qualified to Level 2) are qualified, these 4 officials will be awarded a further 5 points each. The maximum number of officials' points which can be accrued is therefore 55 if all of the criteria is met.

Divisional secretaries will count towards clubs' officials. Host clubs must write to those officials who have offered their services to ensure availability.

All visitors to the meeting must be made aware of the location of the First Aid facility before the meeting commences. Host clubs must provide visiting clubs with travel directions to the venue, 14 days in advance, and a telephone number to make contact with the host club up to 30 minutes before the start of the meeting in case of transport difficulties, etc.

### 4. ELIGIBILITY OF ATHLETES

- a) All competitors must be first claim members or registered for higher competition with the league and be eligible to compete for the club in Open Team competition on the day of the meeting.
- b) All athletes must be registered for competition with England Athletics or Welsh Athletics.
- c) Athletes cannot compete in a match until their TEAM MANAGER has included them in a team declaration on the Team Portal. Alterations may be made on the day of competition prior to the commencement of each event
- d) There shall be no restriction on the use of athletes by clubs with two teams or with one or more teams in the national league structure.
- e) To compete in the league championship match, all athletes must have competed for their club in the league during that current season.

The use of ineligible athletes may result in the loss of the whole team's points total for the meeting unless the management committee accepts that mitigating circumstances justify a lesser penalty.

### 5. DECLARATIONS

Team declarations must be made on the team portal at least 24 hours before the competition. Alterations to the team must be completed before each event, preferably on the team portal or otherwise in writing.

## 6. PARTICULAR AGE GROUPS

- a) A senior athlete may compete in a maximum of 7 events.
- b) An under 20 athlete may only compete in a maximum of 5 events.
- c) An under 17 athlete can only compete in a maximum of 3 events. In addition, U17 Men shall not be allowed to compete in the 3000m Steeplechase, 5000m, 110m hurdles, Hammer, Discus and Shot.

## 7. NUMBERS

The League will provide numbers for each club in the league. Each club will be allocated their numbers by the league. Two numbers shall be worn by all athletes in all events except in the Jumping Events when one number may be worn on the front or back.

## 8. CLUB COLOURS

Club colours must be worn at all times.

## 9. TRIALS

In all field events (except High Jump and Pole Vault) all competitors shall be entitled to three trials. The first six placed competitors shall be entitled to a further three trials.

## 10. LANE / FIELD DRAW

The draw for all track and field events shall be pre-drawn. In field events, A & B strings appear next to one another on the judge's card.

A different draw shall be made for each match.

## 11. TRIPLE JUMP

The minimum take-off distance for triple jump competition shall be no less than 7m.

## 12. HIGH JUMP and POLE VAULT

- a) The Women's high jump will start at 1.10m and progress in 5cms up to 1.40m. The Men's High Jump shall start at 1.40m and progress in 5cms up to 1.70m.  
Subsequent heights shall be at the discretion of the Field Referee.
- b) The Women's Pole Vault will start at 1.70m and progress in 10cms up to 2.10m. The Men's Pole Vault will start at 2.10m.  
Subsequent heights shall be at the discretion of the Field Referee.
- c) If the stadium equipment is not capable of going to these heights, the opening height shall be the lowest that the equipment can reach, including drop bars.
- d) In an event of a tie for first place, NO JUMP OFF SHALL TAKE PLACE and the points for those competitors tying for first place shall be divided equally between those competitors.

## 13. SCORING

- a) Each club shall be entitled to an "A" and "B" string competitor in all events except the relays, when each club will be entitled to one male team & one female team only.
- b) Separate "A" and "B" races shall be held for each event other than events of 1500m or more.  
If, however, there are so few competitors as to warrant separate "A" and "B" races then all competitors may, at the Track Referee's discretion, compete together with the "A" and "B" races being scored separately.  
In all events where "A" and "B" competitors compete together, the highest placed athlete will be considered the "A" athlete for scoring purposes.  
If a club has only one competitor in any event that competitor shall compete in the "A" event.  
In all field events "A" and "B" competitors will compete together.

<u>Scoring in an 8 Club Match</u>	A String= 11 / 9 / 8 / 7 / 6 / 5 / 4 / 3	B String= 9 / 7 / 6 / 5 / 4 / 3 / 2 / 1
<u>Scoring in a 7 Club Match</u>	A String= 10 / 8 / 7 / 6 / 5 / 4 / 3	B String= 8 / 6 / 5 / 4 / 3 / 2 / 1
<u>Scoring in a 6 Club Match</u>	A String= 9 / 7 / 6 / 5 / 4 / 3	B String= 7 / 5 / 4 / 3 / 2 / 1
<u>Scoring in a 5 Club Match</u>	A String= 8 / 6 / 5 / 4 / 3	B String= 6 / 4 / 3 / 2 / 1

If a match is abandoned after 24 events (both A & B strings) have been completed, the result stands. In such cases, throws & jumps shall be regarded as complete if three rounds have been completed. If less than 24 events have been completed, the match will be declared null and void.

- c) If an event is cancelled before it commences, there will be no allocation of points between the athletes entered for that event.
  - i) For Field events only (excluding the vertical jumps), if an event is cancelled after it has commenced, and provided that at least one round of that event has been completed, points will be awarded to reflect the relative positions of the athletes at the end of the round immediately prior to the cancellation.

- ii) For the vertical jumps, if an event is cancelled after it has commenced, and provided that all of the athletes have entered the competition by attempting at least 1 jump, points will be awarded to reflect the relative positions of the athletes at the end of the round of jumps immediately prior to the cancellation.
- d) If an event cannot take place in the normally accepted manner (except when the water jump in the steeplechase cannot be filled) it cannot take place as a scoring event but may proceed as a non-scoring event at the discretion of the relevant referee.

#### **14. PROMOTION / RELEGATION**

The League shall consist of 3 competition areas, each subdivided into sufficient divisions to accommodate the clubs located within that competition area. Promotion / Relegation between divisions within each competition area will be as shown in Appendix A.

The winner of each division will be presented with a trophy at the conclusion of the final match.

League Points will be awarded as follows:-

8 Club Division=8 / 7 / 6 / 5 / 4 / 3 / 2 / 1      7 Club Division=7 / 6 / 5 / 4 / 3 / 2 / 1      6 Club Division=6 / 5 / 4 / 3 / 2 / 1

5 Club Division=5 / 4 / 3 / 2 / 1

At the end of the season, match positions will be determined by the total number of League Points and, if equal, by the total number of match points.

If a tie remains, the number of 'A' string winners will determine the positions, then B string winners, then 2nd places etc.

In the event of there being insufficient teams automatically promoted / relegated, then the League Secretary may conduct a paper match to determine the outcome.

The teams finishing in 1<sup>st</sup> and 2<sup>nd</sup> place in each of the 3 premier divisions shall be eligible to compete in the League Championship match.

*"In the event of the league championship match being abandoned before the requisite number of events has been completed, the match shall be decided on a paper match. The paper match will take the best two individual performances by the athletes entered in each of the championship's events. These performances shall be taken from the four league matches of the current season."*

#### **15. FAILURE TO ATTEND MATCHES**

If a club is unable to attend a match, the divisional secretary and the host club must be informed beforehand.

The failure of a club to attend two or more matches may result in the expulsion of such club from the League for the ensuing season.

#### **16. RESULTS**

- a) The host club is responsible for the provision of two recorders for each match. It is desirable that the recorders be experienced in the recording and collating of results.
- b) The original track slips and field cards must be given to the Divisional Secretary immediately after the match or sent by the first post following a meeting. The results shall be provided for the Divisional Secretary on a memory stick or emailed to him/her on the same day. Visiting clubs should also be given the opportunity to obtain the results on the day on a memory stick or otherwise have the results emailed to them on the day following the meeting.
- c) The Divisional Secretary shall email the scrutinised results to the League Secretary as soon as possible after the meeting.
- d) The Divisional Secretaries shall be empowered to alter an event or a match score if a mistake or infringement of the rules is discovered.

#### **17. TEAM MANAGERS**

Team Managers are allowed in the competition area for the sole purpose of carrying out their duties as Team Manager. Before speaking to an athlete competing in any event, he/she must obtain the permission of the appropriate official in charge before doing so.

When within the competition area, they MUST NOT coach, convey advice or in any way give assistance to athletes.

Team managers should be aware that the rule regarding the wearing of numbers will be strictly applied.

#### **18. APPEALS**

Appeals must be sent to the League Secretary within 48 hours of the competition and must be accompanied by a £10.00 fee, which shall be refunded if the Management Committee considers the appeal reasonable. The Management Committee shall consider such appeals within 14 days.

## TRACK LANE DRAW

### 8 Team Divisions

EVENT	MATCH 1	MATCH 2	MATCH 3	MATCH 4	PROMOTION
100m/400mH	2-7-8-4-3-1-6-5	1-5-4-6-2-7-8-3	6-1-7-8-5-3-4-2	5-2-3-7-4-6-1-8	3-8-5-2-1-4-7-6
200m	7-4-2-1-8-5-3-6	5-6-1-7-4-3-2-8	1-8-6-3-7-2-5-4	2-7-5-6-3-8-4-1	8-2-3-4-5-6-1-7
400m	4-1-7-5-2-6-8-3	6-7-5-3-1-8-4-2	8-3-1-2-6-4-7-5	7-6-2-8-5-1-3-4	2-4-8-6-3-7-5-1
800m	1-5-4-6-7-3-2-8	7-3-6-8-5-2-1-4	3-2-8-4-1-5-6-7	6-8-7-1-2-4-5-3	4-6-2-7-8-1-3-5
1500m	5-6-1-3-4-8-7-2	3-8-7-2-6-4-5-1	2-4-3-5-8-7-1-6	8-1-6-4-7-3-2-5	6-7-4-1-2-5-8-3
3000m / 5000m	6-3-5-8-1-2-4-7	8-2-3-4-7-1-6-5	4-5-2-7-3-6-8-1	1-4-8-3-6-5-7-2	7-1-6-5-4-3-2-8
3000m S/Chase	3-8-6-2-5-7-1-4	2-4-8-1-3-5-7-6	5-7-4-6-2-1-3-8	4-3-1-5-8-2-6-7	1-5-7-3-6-8-4-2
100mH/110mH	8-2-3-7-6-4-5-1	4-1-2-5-8-6-3-7	7-6-5-1-4-8-2-3	3-5-4-2-1-7-8-6	5-3-1-8-7-2-6-4
4 x 100m	6-5-3-1-8-4-2-7	8-3-2-7-4-6-1-5	4-2-5-3-7-8-6-1	1-8-4-6-3-7-5-2	7-6-1-4-5-2-3-8
4 x 400m	3-6-8-5-2-1-7-4	2-8-4-3-1-7-5-6	5-4-7-2-6-3-1-8	4-1-3-8-5-6-2-7	1-7-5-6-3-4-8-2

### 7 Team Divisions

EVENT	MATCH 1	MATCH 2	MATCH 3	MATCH 4
100m/400mH	2-5-7-4-6-3-1	7-4-6-3-1-2-5	6-3-1-2-5-7-4	1-2-5-7-4-6-3
200m	5-4-2-3-7-1-6	4-3-7-2-6-5-1	3-2-6-7-1-4-5	2-7-1-6-5-3-4
400m	4-3-5-1-2-6-7	3-2-4-5-7-1-6	2-7-3-4-6-5-1	7-6-2-3-1-4-5
800m	3-1-4-6-5-7-2	2-5-3-1-4-6-7	7-4-2-5-3-1-6	6-3-7-4-2-5-1
1500m	1-6-3-7-4-2-5	5-1-2-6-3-7-4	4-5-7-1-2-6-3	3-4-6-5-7-1-2
3000m/5000m	6-7-1-2-3-5-4	1-6-5-7-2-4-3	5-1-4-6-7-3-2	4-5-3-1-6-2-7
3000m S/Chase	7-2-6-5-1-4-3	6-7-1-4-5-3-2	1-6-5-3-4-2-7	5-1-4-2-3-7-6
100mH/110mH	2-5-7-4-6-3-1	7-4-6-3-1-2-5	6-3-1-2-5-7-4	1-2-5-7-4-6-3
4 x 100m	6-1-7-3-2-4-5	1-5-6-2-7-3-4	5-4-1-7-6-2-3	4-3-5-6-1-7-2
4 x 400m	7-6-2-1-5-3-4	6-1-7-5-4-2-3	1-5-6-4-3-7-2	5-4-1-3-2-6-7

### 6 Team Divisions

EVENT	Match 1	Match 2	Match 3	Match 4	PROMOTION
100m/400mH	1-4-6-3-5-2	6-3-5-2-1-4	5-2-1-4-6-3	3-5-4-1-2-6	2-6-4-1-3-5
200m	4-3-1-2-6-5	3-2-6-4-5-1	2-4-5-3-1-6	5-1-3-6-4-2	6-1-2-5-4-3
400m	3-2-4-5-1-6	2-4-3-1-6-5	4-3-2-6-5-1	1-6-5-2-3-4	1-5-6-3-2-4
800m	2-5-3-6-4-1	4-1-2-5-3-6	3-6-4-1-2-5	6-2-1-4-5-3	5-3-1-4-6-2
1500m	5-6-2-1-3-4	1-5-4-6-2-3	6-1-3-5-4-2	2-4-6-3-1-5	3-4-5-2-1-6
3000m/5000m	6-1-5-4-2-3	5-6-1-3-4-2	1-5-6-2-3-4	4-3-2-5-6-1	4-2-3-6-5-1
3000m S/Chase	1-4-6-3-5-2	6-3-5-2-1-4	5-2-1-4-6-3	3-5-4-1-2-6	2-6-4-1-3-5
100mH/110mH	4-3-1-2-6-5	3-2-6-4-5-1	2-4-5-3-1-6	5-1-3-6-4-2	6-1-2-5-4-3
4 x 100m	6-5-1-2-4-3	5-1-6-4-3-2	1-6-5-3-2-4	4-2-3-6-5-1	4-3-2-5-6-1
4 x 400m	1-6-4-5-3-2	6-5-3-1-2-4	5-1-2-6-4-3	3-4-5-2-1-6	2-4-6-3-1-5

### 5 Team Divisions

EVENT	Match 1	Match 2	Match 3	Match 4	PROMOTION
100m/400mH	5-2-3-1-4	2-3-1-4-5	1-4-5-2-3	4-5-2-3-1	2-4-1-3-5
200m	2-1-5-4-3	3-4-2-5-1	4-2-1-3-5	5-3-4-1-2	1-2-5-4-3
400m	1-4-2-3-5	4-5-3-1-2	2-3-4-5-1	3-1-5-2-4	1-5-3-2-4
800m	4-3-1-5-2	5-1-4-2-3	3-5-2-1-4	1-2-3-4-5	5-3-1-4-2
1500m	3-5-4-2-1	1-2-5-3-4	5-1-3-4-2	2-4-1-5-3	3-4-5-2-1
3000m/5000m	5-2-3-1-4	2-3-1-4-5	1-4-5-2-3	4-5-2-3-1	4-2-3-5-1
3000m S/Chase	2-1-5-4-3	3-4-2-5-1	4-2-1-3-5	5-3-4-1-2	2-4-1-3-5
100mH/110mH	1-4-2-3-5	4-5-3-1-2	2-3-4-5-1	3-1-5-2-4	1-2-5-4-3
4 x 100m	4-3-1-5-2	5-1-4-2-3	3-5-2-1-4	1-2-3-4-5	4-3-2-5-1
4 x 400m	3-5-4-2-1	1-2-5-3-4	5-1-3-4-2	2-4-1-5-3	2-4-3-1-5

## FIELD EVENT DRAW

### 8 Team Divisions

<b>EVENT</b>	<b>MATCH 1</b>	<b>MATCH 2</b>	<b>MATCH 3</b>	<b>MATCH 4</b>	<b>PROMOTION</b>
Hammer	2-7-8-4-3-1-6-5	1-5-4-6-2-7-8-3	6-1-7-8-5-3-4-2	5-2-3-7-4-6-1-8	3-8-5-2-1-4-7-6
Pole Vault	7-4-2-1-8-5-3-6	5-6-1-7-4-3-2-8	1-8-6-3-7-2-5-4	2-7-5-6-3-8-4-1	8-2-3-4-5-6-1-7
Long Jump	4-1-7-5-2-6-8-3	6-7-5-3-1-8-4-2	8-3-1-2-6-4-7-5	7-6-2-8-5-1-3-4	2-4-8-6-3-7-5-1
High Jump	1-5-4-6-7-3-2-8	7-3-6-8-5-2-1-4	3-2-8-4-1-5-6-7	6-8-7-1-2-4-5-3	4-6-2-7-8-1-3-5
Discus	5-6-1-3-4-8-7-2	3-8-7-2-6-4-5-1	2-4-3-5-8-7-1-6	8-1-6-4-7-3-2-5	6-7-4-1-2-5-8-3
Triple Jump	6-3-5-8-1-2-4-7	8-2-3-4-7-1-6-5	4-5-2-7-3-6-8-1	1-4-8-3-6-5-7-2	7-1-6-5-4-3-2-8
Shot	3-8-6-2-5-7-1-4	2-4-8-1-3-5-7-6	5-7-4-6-2-1-3-8	4-3-1-5-8-2-6-7	1-5-7-3-6-8-4-2
Javelin	8-3-2-6-7-5-4-1	4-2-1-8-5-3-6-7	7-5-6-4-1-2-8-3	3-4-5-1-2-8-7-6	5-1-3-7-8-6-2-4

### 7 Team Divisions

<b>EVENT</b>	<b>MATCH 1</b>	<b>MATCH 2</b>	<b>MATCH 3</b>	<b>MATCH 4</b>
Hammer	2-5-7-4-6-3-1	7-4-6-3-1-2-5	6-3-1-2-5-7-4	1-2-5-7-4-6-3
Pole Vault	5-4-2-3-7-1-6	4-3-7-2-6-5-1	3-2-6-7-1-4-5	2-7-1-6-5-3-4
Long Jump	4-3-5-1-2-6-7	3-2-4-5-7-1-6	2-7-3-4-6-5-1	7-6-2-3-1-4-5
High Jump	3-1-4-6-5-7-2	2-5-3-1-4-6-7	7-4-2-5-3-1-6	6-3-7-4-2-5-1
Discus	1-6-3-7-4-2-5	5-1-2-6-3-7-4	4-5-7-1-2-6-3	3-4-6-5-7-1-2
Triple Jump	6-7-1-2-3-5-4	1-6-5-7-2-4-3	5-1-4-6-7-3-2	4-5-3-1-6-2-7
Shot	7-2-6-5-1-4-3	6-7-1-4-5-3-2	1-6-5-3-4-2-7	5-1-4-2-3-7-6
Javelin	2-7-5-6-4-1-3	7-6-4-1-3-5-2	6-1-3-5-2-4-7	1-5-2-4-7-3-6

### 6 Team Divisions

<b>EVENT</b>	<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>	<b>Match 4</b>	<b>PROMOTION</b>
Hammer	1-4-6-3-5-2	6-3-5-2-1-4	5-2-1-4-6-3	3-5-4-1-2-6	2-6-4-1-3-5
Pole Vault	4-3-1-2-6-5	3-2-6-4-5-1	2-4-5-3-1-6	5-1-3-6-4-2	6-1-2-5-4-3
Long Jump	3-2-4-5-1-6	2-4-3-1-6-5	4-3-2-6-5-1	1-6-5-2-3-4	1-5-6-3-2-4
High Jump	2-5-3-6-4-1	4-1-2-5-3-6	3-6-4-1-2-5	6-2-1-4-5-3	5-3-1-4-6-2
Discus	5-6-2-1-3-4	1-5-4-6-2-3	6-1-3-5-4-2	2-4-6-3-1-5	3-4-5-2-1-6
Triple Jump	6-1-5-4-2-3	5-6-1-3-4-2	1-5-6-2-3-4	4-3-2-5-6-1	4-2-3-6-5-1
Shot	1-6-4-5-3-2	6-5-3-1-2-4	5-1-2-6-4-3	3-4-5-2-1-6	2-4-6-3-1-5
Javelin	4-1-3-6-2-5	3-6-2-5-4-1	2-5-4-1-3-6	5-3-1-4-6-2	6-2-1-4-5-3

### 5 Team Divisions

<b>EVENT</b>	<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>	<b>Match 4</b>	<b>PROMOTION</b>
Hammer	5-2-3-1-4	2-3-1-4-5	1-4-5-2-3	4-5-2-3-1	2-4-1-3-5
Pole Vault	2-1-5-4-3	3-4-2-5-1	4-2-1-3-5	5-3-4-1-2	1-2-5-4-3
Long Jump	1-4-2-3-5	4-5-3-1-2	2-3-4-5-1	3-1-5-2-4	1-5-3-2-4
High Jump	4-3-1-5-2	5-1-4-2-3	3-5-2-1-4	1-2-3-4-5	5-3-1-4-2
Discus	3-5-4-2-1	1-2-5-3-4	5-1-3-4-2	2-4-1-5-3	3-4-5-2-1
Triple Jump	5-3-2-4-1	2-1-3-5-4	1-5-4-3-2	4-2-5-1-3	4-2-3-5-1
Shot	2-5-1-3-4	3-2-4-1-5	4-1-2-5-3	5-4-3-2-1	2-4-3-1-5
Javelin	1-2-4-5-3	4-3-5-2-1	2-4-3-1-5	3-5-1-4-2	2-1-4-5-3

## FIELD EVENT DUTIES

### 8 Team Divisions

MATCH	Triple Jump	Hammer	Shot	High Jump	Pole Vault	Javelin	Long Jump	Discus
1	8	7	6	5	4	3	2	1
2	3	4	1	2	7	8	6	5
3	5	6	7	8	2	1	3	4
4	1	2	3	4	5	6	7	8

### 7 Team Divisions

MATCH	Hammer	Hammer	Discus	Discus	Javelin	Javelin	Shot	Shot	Long Jump	Long Jump	Triple Jump	Triple Jump	High Jump	High Jump	P.V.
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M&F
1	1	2	6	7	4	5	2	1	7	5	3	5	3	6	4
2	2	3	1	6	5	7	3	2	6	7	4	7	4	1	5
3	3	4	7	5	1	2	4	3	5	2	6	1	6	7	1
4	4	5	2	1	6	3	5	4	1	3	7	3	7	2	6

### 6 Team Divisions

MATCH	Hammer	Hammer	Discus	Discus	Javelin	Javelin	Shot	Long Jump	Long Jump	Triple Jump	Triple Jump	High Jump	High Jump	P.V.
	M	F	M	F	M	F	M & F	M	F	M	F	M	F	M & W
1	4	5	3	2	6	1	4	2	6	2	5	6	3	1
2	5	6	4	3	1	2	5	3	1	3	6	1	4	2
3	6	1	5	4	2	3	6	4	2	4	1	2	5	3
4	1	2	6	5	3	4	1	5	3	5	2	3	6	4
FINAL	3	4	2	1	5	6	3	1	5	1	4	5	2	6

### 5 Team Divisions

MATCH	Hammer	Hammer	Discus	Javelin	Javelin	Shot	Long Jump	Long Jump	Triple Jump	Triple Jump	High Jump	High Jump	P.V.
	M	F	M & F	M	F	M & F	M	F	M	F	M	F	M & F
1	1	2	3	2	4	1	4	3	3	4	2	5	5
2	5	1	2	1	3	5	3	2	2	3	1	4	4
3	3	4	5	4	1	3	1	5	5	1	4	2	2
4	4	5	1	5	2	4	2	1	1	2	5	3	3
FINAL	2	3	4	3	5	2	5	4	4	5	3	1	1



## Guide to Organising a League Meeting

### Action to be taken when asked to promote – October – December.

- Check the availability of track and whether it has a current TrackMark certification.
- Confirm track booking in writing – keep copy of correspondence; copy to League Secretary.
- Appoint your chief officials for the meeting (Starter, Marksman, Field Referee, Track Referee & Chief Timekeeper).
- If you are having difficulty in finding suitable officials, contact your County Officials' Secretary.

### Action to be taken – January – February.

- Recruit helpers from all areas of the Club. Qualified officials, committee members, coaches, parents and maybe senior non-competing athletes. All help should be gratefully accepted.
- Jobs should include:
  - Computer Operators for the results program.
  - Announcer.
  - Someone to welcome officials and check everyone in.
- Confirm your track booking is intact – you may need to complete a form.
- Give the stadium manager or ground staff a copy of the programme or timetable.
- If there are any problems at this stage contact the Div. Sec and/or League Administrator.
- Contact your local First Aid groups/Paramedic organisations to provide First Aid cover.
- Confirm any arrangements in writing.
- If unable to provide such cover, then find out if a doctor, nurse or first-aider who is a member of your Club can help.

### Final preparations – about three weeks before the meeting.

- Check with the stadium that all the necessary technical equipment is available and in good working order.
- Send a letter to all competing Clubs detailing:-
  - a. Travel Directions.
  - b. Advice on any changes to the Field Event timetable due to local conditions.
  - c. Name and contact number of the match organiser & the stadium telephone number.

### Last minute preparations.

- Contact your helpers and replace where necessary.
- Assign all duties and make sure that everyone is aware of the reporting time.
- Check the following are ready and available:
  - a. Rules and Constitution.
  - b. Computer results programme, computer and printer for printing Field cards.
  - c. Track pads.
  - d. Officials' signing-in sheets.

### On the Day.

- If your role is to be Meeting Organiser, keep yourself free to deal with issues that may arise and ensure that every duty is being carried out.
- Ensure that sufficient refreshments are available for all the officials and helpers.
- Check that all team declarations, including officials, have been entered on the team portals.
- Together with the Chief Officials, check the Officials' signing-in sheets.
- If possible, have a full copy of the results for teams to take away.
- Ensure the divisional secretary takes away all the paperwork together with the results on a memory stick.

### After the meeting.

Within 24 hours of the meeting:-

- Email a copy of the results to the Divisional Secretary if he was not in attendance at the match and post all of the paperwork (field cards, track slips, signing-in sheets, etc.) to him/her to enable the results to be scrutinised.
- Where the division does not have a divisional secretary, email the results and post the paperwork to the League Secretary for scrutiny.
- The Divisional Secretary or League Secretary (as appropriate) will retain the paperwork until the end of the season.
- Email a PDF copy of the results to all clubs at the match for post-match checking for correct spelling of names, etc. if they were unable to take a copy away with them on the day.
- **DO NOT** send any results to Power of 10, Athletics Weekly or any other publishing body. The League Secretary will do this after the results have been scrutinised.

**League Best Performances as at 01/10/2018****WOMEN**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>Perf.</u></b>	<b><u>Date</u></b>
100m	Louise Stuart	Middlesbrough Athletic Club (Mandale)	11.60	1998
200m	Louise Stuart	Middlesbrough Athletic Club (Mandale)	23.30	1991
400m	Joslyn Hoyte-Smith	Dorothy Hyman Track Club	53.70	1980
800m	Christine Cahill	Gateshead Harriers & AC	2:04.3	1988
1500m	Joanne Scott	Darlington H & AC	4:07.6	1987
3000m	Jessica Judd	Blackburn Harriers & AC	9:20.0	2018
3000m S/C	Zoe Hunter	Leeds City AC	12:02.0	2023
100m Hurdles	Heather Platt	Warrington AC	12.50	1985
400m Hurdles	Katarina Johnson-Thompson	Liverpool Harriers & AC	58.3	2015
Long Jump	Alexandra Russell	Wigan & District H & AC	6.56m	2013
High Jump	Jennifer Little	Border Harriers & AC	1.86m	1986
Triple Jump	Alexandra Russell	Wigan & District H & AC	12.87m	2018
Pole Vault	Katie Byres	Sale Harriers Manchester	4.15m	2013
Shot	Yvonne Hanson-Nortey	Hallamshire Harriers Sheffield	16.16m	1987
Discus	Kara Nwidobie	Blackpool & Fylde	54.96m	2007
Javelin	Caroline White	Border Harriers & AC	49.50m	1987
Hammer	Sophie Hitchon	Blackburn Harriers & AC	64.92m	2010
4x100m Relay		North Shields Polytechnic Club	48.20	1986
		Rotherham Harriers and AC	48.20	1994
4x400m Relay		Wigan & District H & AC	3:52.0	1987

**MEN**

<b><u>Event</u></b>	<b><u>Name</u></b>	<b><u>Club</u></b>	<b><u>Perf.</u></b>	<b><u>Date</u></b>
100m	Kaesi Opara	Lincoln Wellington AC	10.58	2022
200m	Luke Evans	Blackburn Harriers & AC	21.0	2010
400m	Mark Sesay	Leeds City Athletic Club	46.7	1997
800m	Andrew Carter	Stretford AC	1:46.1	1971
1500m	Steve Cram	Jarrow & Hepburn AC	3:42.0	1991
5000m	Steve Kenyon	Bolton United Harriers & AC	13:45.8	1979
3000m S/C	Denis Coates	Gateshead Harriers & AC	8:32.7	1980
110m Hurdles	Anthony Brannen	Middlesbrough & Cleveland AC	14.4	1991
	Kevin Lumsdon	Morpeth Harriers & AC	14.4	1994
400m Hurdles	Peter Crampton	Spensborough & District AC	50.5	1995
High Jump	Brian Hall	Bolton United Harriers & AC	2.20m	2007
Pole Vault	Harry Coppell	Wigan & District H & AC	5.42m	2015
Long Jump	Craig Jones	Liverpool Harriers & AC	7.70m	2014
Triple Jump	Jonathan Edwards	Gateshead Harriers & AC	17.43m	1991
Shot	Carl Myerscough	Blackpool & Fylde	20.33m	2009
Discus	Carl Myerscough	Blackpool & Fylde	60.19m	1998
Hammer	David Smith	Hull Spartan AC	72.94m	1988
Javelin	Mick Hill	Leeds City Athletic Club	74.72m	2004
4x100m Relay		Wigan & District H & AC	42.3	1995
4x400m Relay		Wigan & District H & AC	3:13.4	1995

Northern

**TRACK & FIELD**

League

**Finance Officer:** Jean Simpson MBE  
5 Sheaf Field Walk  
RADCLIFFE  
Manchester  
M26 4DD

**Telephone No:** 0161 724 7928

### **COSTS INCURRED IN PROMOTING LEAGUE MATCHES**

This year's financial position will enable us to reimburse up to £600.00 towards the costs for each match. We know that this leaves some clubs having to meet excess costs, but it is the best compromise we can offer. Please note, however, that the claim must be made within **one month** of the fixture date; this allows clubs to claim without waiting to receive an invoice for the track hire costs.

Please complete **either** Bank details **or** cheque payment details, whichever way you prefer to be paid.

**All claims not received by the due date, will be taken as a donation to the League.**

<b>Division</b>		<b>Round</b>	
<b>Host Club</b>			
<b>Match Venue</b>			
<b>Match Date</b>		<b>Date of Claim</b>	
<b>Maximum Claim</b>	£600.00	<b>Amount Claimed</b>	
<b>Bank Details</b>	Bank		
<b>Sort Code</b>		<b>Account Number</b>	
<b>Cheque Details</b>	Cheque payable to		
<b>Cheque sent to</b>	Name & Address		
<b>Position in Club</b>			
<b>Signed</b>			

NL/Host Claim Form 22

## **TELEPHONE NUMBERS**

**Chairman** Terry Bailey Home 01302 537853  
Email [terry.bailey.292@talktalk.net](mailto:terry.bailey.292@talktalk.net)

**Secretary** Alan Johnson Home 0161-304-7098  
Mobile 07920-056-324  
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**Finance Officer.** Jean Simpson MBE Home 0161-724-7928  
Email [jl.simpson@btinternet.com](mailto:jl.simpson@btinternet.com)

**Web Address:** <https://www.northernathletics.co.uk/track-field-league/>

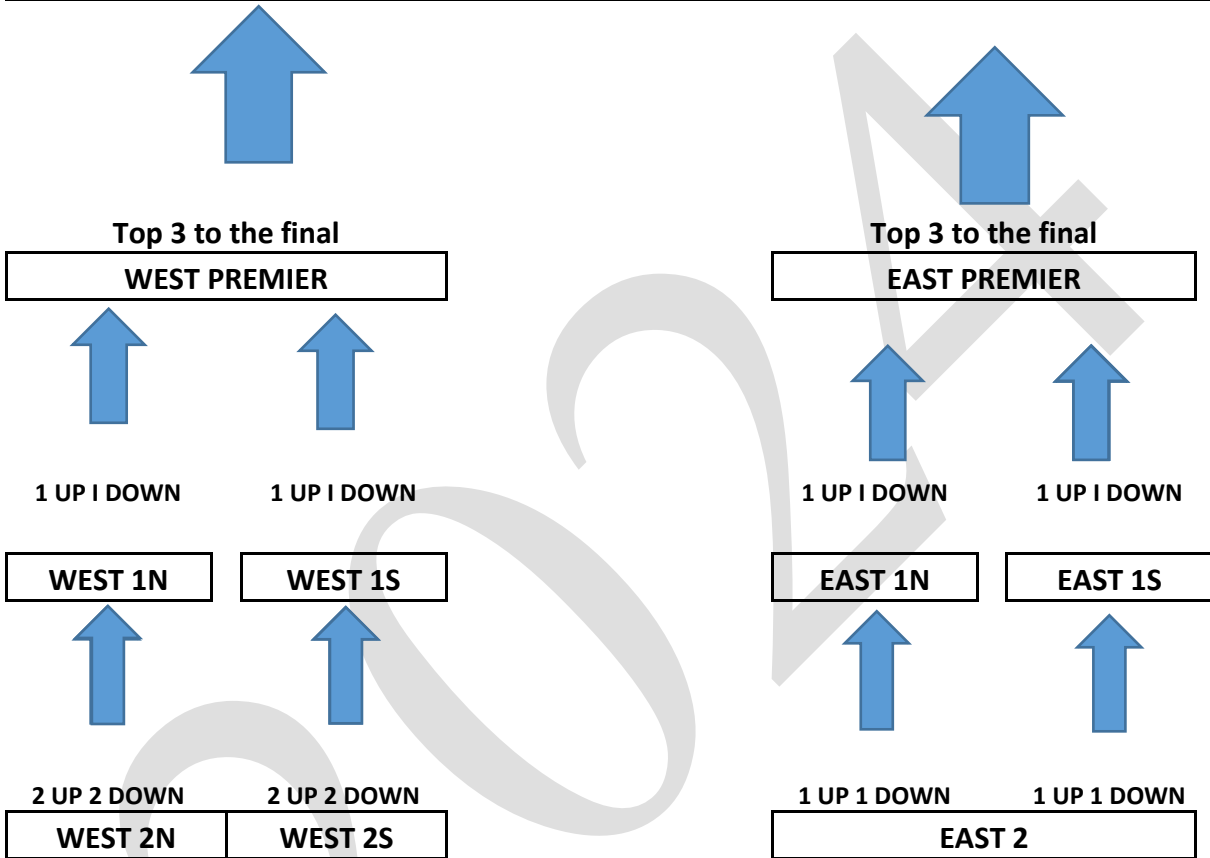
## **Divisional Secretaries**

Divisional Secretary (East Premier)	<a href="mailto:terry.bailey.292@talktalk.net">terry.bailey.292@talktalk.net</a>
Divisional Secretary (E1N)	<a href="mailto:gordon.agar@outlook.com">gordon.agar@outlook.com</a>
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Divisional Secretary (W2N)	<a href="mailto:margaretgrayston@btinternet.com">margaretgrayston@btinternet.com</a>
Divisional Secretary (W2S)	

# 2024 STRUCTURE

## FLOWCHART OF PROMOTION AND RELEGATION

### GRAND NORTHERN AREA FINAL



*(Top 2 in East 2 will move to the appropriate division East 1N or East 1S)*