**NORTH OF ENGLAND**

**TRACK FIELD LEAGUE**

**COMPETITION**

**RULES**

**2014**

**North of England Track & Field League**

**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 Non Scoring 100m

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

 **Non Scoring 1500m Steeplechase for Women (Division One Only)**

**2. ORDER & TIME OF EVENTS**

 **11:00 START WARM UP FOR THROWS**

 11:30Hammer MenLong Jump Women *Pole Vault (Women) Div.1 Only*

 11:30 *Pole Vault ALL Div.2, 3 & 4*

 12.30 Hammer Women

 13.00 400m H Women Long Jump Men

 13.10 400m H Men

 13.25 800m Women

 13.30 Discus Men *Pole Vault MEN Div. 1 Only*

 13.35 800m Men

 13.45 100m Women HighJump Men Shot Women

 13.55 100m Men

 14:00 Non Scoring 100m (Men and Women) Triple Jump Women

 14.05 3000m S/C Men

 14:25 100mH Women

 14.30 Discus Women

 14.35 3000m Women

 14.55 110m H Men

 15.05 400m Women Shot Men

 15.15 400m Men

 15.20 1500m Men Javelin Men High Jump Women

 15.35 1500m Women Triple Jump Men

 15.45 200m Women

 15.55 200m Men

 16.05 5000m men

 16.10 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 race**

**3. HOSTING OF MATCHES**

 **All clubs shall host a fixture 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:-

1. All Match Fees
2. Chief Starter
3. Marksman / Starter’s Assistant
4. Chief Timekeeper
5. Track Referee
6. Field Referee
7. Match Recorders (Two per match)
8. Announcer
9. First Aid Cover
10. Officials refreshments
11. 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 equipment does not comply with the minimum height requirement.**

 b) Participating Clubs

 All participating clubs, including the host club, shall provide ***AT LEAST*** the following officials (and where possible graded):-

1. One Track Judge
2. One Timekeeper
3. Four Field Judges (At least one of whom must be graded at Level 2b (Field) as a minimum)
4. 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 will be awarded points as follows:-

 Track Judge=5 Points, Time Keeper=5 Points, 4 Field Judges (5 Pts each)=20 PointsTOTAL=30 Points (Max)

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 14 days in advance to the venue & 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 signed a Team Declaration Form, on which any alterations must be made before the event concerned commences.

 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 division two promotion match, all athletes should 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 teams 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 official sheets, which must include the athlete’s registration number. Declaration sheets, fully completed, must be handed in to the Recorders, at least 15 minutes before the start of the first event.

 **6. PARTICULAR AGE GROUPS**

 a) An under 20 athlete may only compete in a maximum of 5 events.

 b) A senior athlete may compete in a maximum of 7 events.

 c) An under 17 athlete can only compete in a maximum of 4 events, and, if so doing, one must be a relay. In addition, U17 Women shall not be allowed to compete in either the 400m Hurdles or the 100m Hurdles and U17 Men shall not be allowed to compete in any of the following events: 3000m Steeplechase, 5000m, 400m hurdles, 110m hurdles, Javelin, Discus, Hammer 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 the High Jump and Pole Vault, 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 having achieved a valid distance/height shall be entitled to a further three trials, if they have attained the required standard as listed below

 Discus Javelin Hammer. Shot Long Jump Triple Jump

 Men Div. 1 35.00 45.00 35.00 10.50 6.00 11.50

 Women Div. 1 30.00 30.00 30.00 9.00 5.00 9.50

 Men Div. 2 30.00 40.00 30.00 10.00 6.00 11.00

 Women Div. 2 30.00 30.00 25.00 9.00 4.50 9.00

 Men Div. 3 & 4 25.00 35.00 25.00 9.00 5.50 10.00

 Women Div. 3 & 4 25.00 25.00 20.00 8.00 4.00 8.00

**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. 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.

**12. 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 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.

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

 Scoring in a 7 Club Match A String= 10 / 8 / 7 / 6 / 5 / 4 / 3 B String= 8 / 6 / 5 / 4 / 3 / 2 / 1

 Scoring in a 6 Club Match A String= 9 / 7 / 6 / 5 / 4 / 3 B String= 7 / 5 / 4 / 3 / 2 / 1

 Scoring in a 5 Club Match 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.

**13. PROMOTION / RELEGATION**

Promotion to Division 1 will be via a playoff between the winning team in each Division 2 and the 2 teams facing relegation from Division 1.

Promotion / Relegation for other divisions will be based on 2 clubs promoted and 2 clubs relegated.

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

 Composite teams will only be eligible for promotion to Division 1 provided they are registered with UK Athletics in accordance with rule 3.15.

 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.

 *“In the event of the division 2 promotion 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 different athletes per event for each club. These performances shall be taken from the four league matches of the current season.”*

 ***When a team is relegated from a National League, it shall take its place, where possible, at the level at which it currently has a team in the league***

**14. 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.

**15. 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 declaration sheets and recording sheets, along with the track slips and field cards, must be given to the Divisional Secretary immediately after the match, or by the first post following a meeting. Where results are recorded using software approved by the League Management Committee, these should be emailed to the Divisional Secretary on the same day.

 c) A copy of the results sheets, or the results software, must be forwarded to the League Secretary as soon as possible after the meeting. Every attempt should be made to provide visiting clubs with a copy of the results on the day or, in every case, within 5 days of 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.

 e) The Divisional Secretary is responsible for ensuring that the results are forwarded to the official press contact.

**16. 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.

**17. 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**

100m/400mH 5-2-3-1-4 2-3-1-4-5 1-4-5-2-3 4-5-2-3-1

200m 2-1-5-4-3 3-4-2-5-1 4-2-1-3-5 5-3-4-1-2

400m 1-4-2-3-5 4-5-3-1-2 2-3-4-5-1 3-1-5-2-4

800m 4-3-1-5-2 5-1-4-2-3 3-5-2-1-4 1-2-3-4-5

1500m 3-5-4-2-1 1-2-5-3-4 5-1-3-4-2 2-4-1-5-3

3000m/5000m 5-2-3-1-4 2-3-1-4-5 1-4-5-2-3 4-5-2-3-1

3000m S/Chase 2-1-5-4-3 3-4-2-5-1 4-2-1-3-5 5-3-4-1-2

100mH/110mH 1-4-2-3-5 4-5-3-1-2 2-3-4-5-1 3-1-5-2-4

4 x 100m 4-3-1-5-2 5-1-4-2-3 3-5-2-1-4 1-2-3-4-5

4 x 400m 3-5-4-2-1 1-2-5-3-4 5-1-3-4-2 2-4-1-5-3

**FIELD EVENT DRAW**

**8 Team Divisions**

**EVENT MATCH 1 MATCH 2 MATCH 3 MATCH 4 PROMOTION**

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 4-3-1-5-8-1-6-7 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**

**EVENT MATCH 1 MATCH 2 MATCH 3 MATCH 4**

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**

**EVENT Match 1 Match 2 Match 3 Match 4 PROMOTION**

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**

**EVENT Match 1 Match 2 Match 3 Match 4**

Hammer 5-2-3-1-4 2-3-1-4-5 1-4-5-2-3 4-5-2-3-1

Pole Vault 2-1-5-4-3 3-4-2-5-1 4-2-1-3-5 5-3-4-1-2

Long Jump 1-4-2-3-5 4-5-3-1-2 2-3-4-5-1 3-1-5-2-4

High Jump 4-3-1-5-2 5-1-4-2-3 3-5-2-1-4 1-2-3-4-5

Discus 3-5-4-2-1 1-2-5-3-4 5-1-3-4-2 2-4-1-5-3

Triple Jump 5-3-2-4-1 2-1-3-5-4 1-5-4-3-2 4-2-5-1-3

Shot 2-5-1-3-4 3-2-4-1-5 4-1-2-5-3 5-4-3-2-1

Javelin 1-2-4-5-3 4-3-5-2-1 2-4-3-1-5 3-5-1-4-2

**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 | LongJump | LongJump | TripleJump | TripleJump | HighJump | HighJump | 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 |

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 and valid certificate**.**
* Confirm track booking in writing – keep copy of correspondence; copy to League Secretary.
* Appoint your chief officials for the meeting (Starter, Marksman, Field Ref, Track Ref & 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 athletes. All help should be gratefully accepted.
* Jobs should include:
* Result recorders (a minimum of two) or 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 and ask if they are able to provide First Aid cover.
* Confirm any arrangements in writing.
* If unable to provide such cover, then find out if some other group such as paramedics can help or maybe a nurse or doctor who is a member of your Club.

Final preparations – about three weeks before the meeting.

* Send a letter to all competing Clubs detailing:-
1. Travel Directions.
2. Advise on any changes to the Field Event timetable due to local conditions.
3. 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.
* Prepare Field event cards using competition order from Handbook. Using the results program, you can print off Field cards with Club names already in competition order.
* Check the following are ready and available:
1. Rules and Constitution.
2. Scoring sheets (or computer programme and computer).
3. Track pads and Field cards.
4. Officials’ signing-in sheets and signing-in sheet for camera users.

On the Day.

* If your role is to be Meeting Organiser then keep yourself free to deal with issues that may arise and ensure that every duty is being carried out.
* Check that all declaration sheets are handed in as soon as possible before the first event.
* 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.

Final duties.

Within 3 or 4 days of the meeting:-

* Using the two envelopes provided send a copy of the results to the secretary and Tony Miller (for statistical information). If the results have been computerised these can be emailed to the secretary
* Send a copy of the complete results to all competing Clubs, if they were not available on the day.

**League Best Performances as at 01/03/2012**

**WOMEN**

**Event Name Club Perf.** **Date**

100m L. Stuart Middlesbrough 11.60 1998

 L. Stuart Middlesbrough 11.60 1991

200m L. Stuart Middlesbrough 23.30 1991

400m J. Hoyte-Smith D.H.T.C. 53.70 1976

 J. Hoyte-Smith D.H.T.C. 53.70 1980

800m C. Cahill Gateshead 2.04.3 1988

1500m J. Scott Darlington 4.07.6 1987

3000m A. Hulley Leeds 9.25.0 1990

100m Hurdles H. Platt Warrington 12.50 1985

400m Hurdles V. Boden Hallamshire 58.80 1987

Long Jump S. Hearnshaw Hull Spartan 6.39m 1984

High Jump J. Little Border 1.86m 1986

Triple Jump C. Miller Preston 12.05m 1994

Pole Vault J. Whitlock Trafford 4.01m 1997

Shot Y. Hanson-Nortey Hallamshire 16.16m 1987

Discus Kara Nwidobie Blackpool & Fylde 54.96m 2007

Javelin C. White Border 49.50m 1987

Hammer Sophie Hitchon Blackburn Harriers 64.92 2010

4x100m Relay N.S.P. 48.20 1986

 Rotherham 48.20 1994

4x400m Relay Wigan 3.52.0 1987

**MEN**

**Event Name Club Perf.** **Date**

100m Philip Cooke City of Hull AC 10.6 1979

 Derek Brown Longwood Harriers 10.6 1987

 Peter Chambers Copeland AC 10.6 1987

 Jonathan Edwards Gateshead H & AC 10.6 1989

 Stephen Gookey Rowntree AC 10.6 1989/91

 Stephen Fletcher Derby & County AC 10.6 1989/93

 David Jackson Rotherham H & AC 10.6 1991

 Paul Campbell Mandale H & AC 10.6 1998

 Chris Tomlinson Mandale H & AC 10.6 2001

 Luke Evans Blackburn Harriers 10.6 2010

200m Luke Evans Blackburn Harriers 21.0 2010

400m Mark Sesay Leeds City 46.7 1997

800m Andrew Carter Stretford AC 1.46.1 1971

1500m Steve Cram Jarrow & Hepburn 3.42.0 1991

5000m Steve Kenyon Bolton United H. 13.45.8 1979

3000m S/Ch Denis Coates Gateshead H & AC 8.32.7 1980

110m Hurdles Anthony Brannen Middlesbrough & C. AC 14.4 1991

 Kevin Lumsdon Morpeth H & AC 14.4 1994

400m Hurdles Peter Crampton Spenborough & Dist. 50.5 1995

High Jump Brian Hall Bolton United Harriers 2.20 2007

Pole Vault Luke Cutts City of Sheffield AC 5.30 2008

Long Jump Chris Kirk Wakefield & District 7.60 2003

Triple Jump Jonathan Edwards Gateshead H & AC 17.43 1991

Shot Carl Myerscough Blackpool & Fylde 20.33 2009

Discus Carl Myerscough Blackpool & Fylde 60.19 1998

Hammer David Smith Hull Spartan AC 72.94 1988

Javelin Mick Hill Leeds City AC 74.72m 2004

4x100m Relay Wigan & District H 42.3 1995

4x400m Relay Wigan & District H 3.13.4 1995

North of England Track & Field League.

**Finance Officer. Mike Welford**

 **14 Elmwood Court**

 **Stretford**

 **Manchester**

 **M32 9FD**

**Tel/Fax 0161-866 - 8253**

**COSTS INCURRED IN PROMOTING LEAGUE MATCHES.**

This year’s financial position will enable us to reimburse up to £400.00 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 a **month** of the fixture date, this allows clubs to claim without waiting to receive an invoice for the track hire costs.

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

Those clubs involved in the promotion of Inter-Club Championship events are subject to different arrangements.

**NORTH OF ENGLAND TRACK & FIELD LEAGUE.**

Request for reimbursement of League fixture costs.

Division \_\_\_\_\_\_\_\_\_\_\_\_\_ Round \_\_\_\_\_\_\_\_\_\_

Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Match Venue \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We can confirm that we successfully hosted the above fixture.

Date of Claim: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount payable £400.00

Cheques payable to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To be sent to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed \_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_\_

Position in club \_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_\_

**TELEPHONE NUMBERS**

**Chairman** Terry Bailey 01302 537853

 Email terry.bailey.292@tesco.net

**Secretary** Alan Johnson Home 0161-304-7098

 Mobile 07920-056-324

 **Email** **alan@batfl.co.uk**

**Finance Officer**. Mike Welford 0161- 866 - 8253

 **Email** **mike.welford@ntlworld.com**

**Web Address:** [**http://www.northernathletics.org.uk/Pages/Article.aspx?id=150**](http://www.northernathletics.org.uk/Pages/Article.aspx?id=150)

**Divisional Secretaries**

|  |  |
| --- | --- |
| Divisional Secretary (1) | andy.parker@blueyonder.co.uk |
| Divisional Secretary (2E) | andy.ward5@talktalk.net |
| Divisional Secretary (2EC) | terry.bailey.292@tesco.net |
| Divisional Secretary (2W) | tonywaterson@ntlworld.com |
| Divisional Secretary (2WC) |  |
| Divisional Secretary (3E) |  |
| Divisional Secretary (3EC) |  |
| Divisional Secretary (3W) | peterackalnd@yahoo.com |
| Divisional Secretary (3WC) |  |
| Divisional Secretary (4E) |  |
| Divisional Secretary (4EC) | jackie.gibbons@nlg.nhs.uk |
| Divisional Secretary (4W) | salfordmetac@googlemail.com |
| Divisional Secretary (4WC) | margaretgrayston@btinternet.com |

Results Co-ordinator Roger Norton 01977 554611

Northern Athletics Office 01924 457922

 Web [**http://www.northernathletics.org.uk**](http://www.northernathletics.org.uk)