

NORTH OF ENGLAND

TRACK FIELD LEAGUE

COMPETITION

RULES

2015

2015

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			
11:30	Hammer Men	Long Jump Women	<i>Pole Vault (Women) Div.1 Only</i>
11:30			<i>Pole Vault ALL Div.2, 3 & 4</i>
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		<i>Pole Vault MEN Div. 1 Only</i>
13:35	800m Men		
13:45	100m Women	High Jump 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:-

- ◆ All Match Fees
- ◆ Chief Starter
- ◆ Marksman / Starter's Assistant
- ◆ 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 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):-

- ◆ One Track Judge
- ◆ One Timekeeper
- ◆ Four Field Judges (At least one of whom must be graded at Level 2b (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 will be awarded points as follows:-

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

Clubs providing this minimum number of 6 officials as defined above will be awarded an additional 15 points giving an overall total of 45 points.

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 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 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

- 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.
- 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.
- 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.
- 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

- 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.
- 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.

- If an event is cancelled before it commences, there will be no allocation of points between the athletes entered for that event.
 - 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.
 - 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.
- If an event cannot take place in the normally accepted manner (e.g. 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.

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

- 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.
- 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.
- 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.
- The Divisional Secretaries shall be empowered to alter an event or a match score if a mistake or infringement of the rules is discovered.
- 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	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

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:-
 - a. Travel Directions.
 - b. Advise 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.
- 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:
 - a. Rules and Constitution.
 - b. Scoring sheets (or computer programme and computer).
 - c. Track pads and Field cards.
 - d. 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.

Division One		Divisional Secretary:		Andy Parker (Preston)	
1 Blackburn Harriers & AC	4 Kingston upon Hull AC	Match 1	Sunday, 3 May 2015	Kingston upon Hull AC	@ Hull
2 City of Manchester	5 Preston Harriers	Match 2	Saturday, 6 June 2015	Blackburn Harriers	@ Blackburn
3 Derby AC	6 Wakefield Harriers	Match 3	Sunday, 12 July 2015	Preston	@ Preston
		Match 4	Saturday, 8 August 2015	Wakefield Harriers	@ Wakefield
Division 2W		Divisional Secretary:		David Brown (LPS)	
1 Isle of Man	4 Rossendale Harriers & AC	Match 1	Sunday, 3 May 2015	Liverpool Harriers & AC	@ Wavertree
2 Liverpool Harriers & AC	5 St. Helens Sutton AC	Match 2	Saturday, 6 June 2015	Rossendale Harriers	@ Leigh
3 Liverpool Pembroke Sefton	6 West Cheshire AC	Match 3	Sunday, 12 July 2015	West Cheshire AC	@ Ellesmere Port
		Match 4	Saturday, 8 August 2015	Liverpool Pembroke Sefton	@ Ormskirk
Division 2WC		Divisional Secretary:		Vacancy	
1 Blackpool, Wyre & Fylde AC	4 Holmfirth Harriers	Match 1	Sunday, 3 May 2015	Leigh Harriers	@ Leigh
2 Bolton United Harriers	5 Leigh Harriers	Match 2	Saturday, 6 June 2015	East Cheshire Harriers	@ Ashton-under-Lyne
3 East Cheshire Harriers & TAC	6 Seaton AC	Match 3	Sunday, 12 July 2015	Blackpool, Wyre & Fylde	@ Blackpool
		Match 4	Saturday, 8 August 2015	Bolton United Harriers	@ Bolton
Division 2EC		Divisional Secretary:		Frank Gorman (Chesterfield)	
1 Bingley Harriers & AC	4 Leeds City AC	Match 1	Sunday, 3 May 2015	City of Sheffield	@ Spinkhill, Sheffield
2 Chesterfield & District AC	5 Rotherham Harriers & AC	Match 2	Saturday, 6 June 2015	Chesterfield & District	@ Spinkhill, Sheffield
3 City of Sheffield AC	6 Scunthorpe & District AC	Match 3	Sunday, 12 July 2015	Scunthorpe & District	@ Scunthorpe
		Match 4	Saturday, 8 August 2015	Rotherham Harriers	@ Rotherham
Division 2E		Divisional Secretary:		Andy Ward (Mandale)	
1 City of York AC	4 Morpeth Harriers	Match 1	Sunday, 3 May 2015	Morpeth Harriers	@ Morpeth
2 Gateshead Harriers & AC	5 North Shields Poly	Match 2	Saturday, 6 June 2015	North Shields Poly	@ Whitley Bay
3 Middlesbrough AC (Mandale)	6 Skyrac AC	Match 3	Sunday, 12 July 2015	Skyrac AC	@ Cleckheaton3
		Match 4	Saturday, 8 August 2015	Middlesbrough AC (Mandale)	@ Middlesbrough
Division 3W		Divisional Secretary:		Norman Waterson (Wirral)	
1 Border Harriers	4 Wigan & District Harriers & AC	Match 1	Sunday, 3 May 2015	Wigan & District Harriers & AC	@ Robin Park, Wigan
2 Manchester Harriers & AC	5 Wirral AC	Match 2	Saturday, 6 June 2015	Wirral AC	@ The Oval, Bebington
3 Southport Waterloo AC	6 Wrexham AAC	Match 3	Sunday, 12 July 2015	Southport Waterloo AC	@ Litherland
		Match 4	Saturday, 8 August 2015	Manchester Harriers & AC	@ Sports City, Manchester
Division 3WC		Divisional Secretary:		Alan Johnson (Trafford)	
1 Bury AC	4 Spenborough & District AC	Match 1	Sunday, 3 May 2015	Trafford AC	@ Trafford
2 Halifax Harriers & AC	5 Stockport Harriers & AC	Match 2	Saturday, 6 June 2015	Pendle	@ Bury
3 Pendle AC	6 Trafford AC	Match 3	Sunday, 12 July 2015	Bury AC	@ Bury
		Match 4	Saturday, 8 August 2015	Spenborough & District AC	@ Cleckheaton
Division 3EC		Divisional Secretary:		Terry Bailey (Doncaster)	
1 Cleethorpes & District AC	4 Hallamshire Harriers Sheffield	Match 1	Sunday, 3 May 2015	Cleethorpes & District AC	@ Grimsby
2 Doncaster AC	5 Lincoln Wellington AC	Match 2	Saturday, 6 June 2015	Doncaster AC	@ Doncaster
3 Grantham & District AC	6 Longwood Harriers	Match 3	Sunday, 12 July 2015	Lincoln Wellington AC	@ Lincoln
		Match 4	Saturday, 8 August 2015	Hallamshire Harriers Sheffield	@ Woodburn Rd, Sheffield
Division 3E		Divisional Secretary:		Vacancy	
1 Durham City Harriers	4 New Marske Harriers	Match 1	Sunday, 3 May 2015	South Shields	@ Whitley Bay
2 Houghton AC	5 South Shields	Match 2	Saturday, 6 June 2015	Middlesbrough & Cleveland	@ Middlesbrough
3 Middlesbrough & Cleveland AC	6 Wallsend/Blyth	Match 3	Sunday, 12 July 2015	New Marske Harriers	@ Middlesbrough
		Match 4	Saturday, 8 August 2015	Wallsend	@ Whitley Bay
Division 4W		Divisional Secretary:		Mike Welford (Altrincham)	
1 Altrincham & District AC	4 Macclesfield Harriers & AC	Match 1	Sunday, 3 May 2015	Deeside AAC	@ Connah's Quay
2 Crewe & Nantwich AC	5 Salford Metropolitan AC	Match 2	Saturday, 6 June 2015	Crewe & Nantwich AC	@ Crewe
3 Deeside AAC	6 Warrington AC	Match 3	Sunday, 12 July 2015	Macclesfield Harriers & AC	@ Macclesfield
		Match 4	Saturday, 8 August 2015	Altrincham & District AC	@ Trafford
Division 4WC		Divisional Secretary:		Peter Ackland (Kendal AAC)	
1 Barrow & Furness Striders & AC	4 Horwich RMI Harriers	Match 1	Sunday, 3 May 2015	Barrow & Furness Striders & AC	@ Preston
2 Burnley AC	5 Hyndburn AC	Match 2	Saturday, 6 June 2015	Hyndburn AC	@ Clayton le Moor
3 Chorley Triathlon & Athletic Club	6 Kendal AAC	Match 3	Sunday, 12 July 2015	Hyndburn AC / Burnley	@ Clayton le Moor
	7 Oldham & Royton Harriers & AC	Match 4	Saturday, 8 August 2015	Oldham & Royton Harriers & AC	@ Oldham
Division 4EC		Divisional Secretary:		Jackie Gibbons (Grimsby)	
1 Barnsley AC	4 Grimsby Harriers & AC	Match 1	Sunday, 3 May 2015	Barnsley AC	@ Cudworth
2 Boston & District AC	5 Newark AC	Match 2	Saturday, 6 June 2015	Bradford Airedale AC	@ Cleckheaton3
3 Bradford Airedale AC	6 Wombwell Sporting AC	Match 3	Sunday, 12 July 2015	Newark AC	@ Grantham
	7 Worksop Harriers & AC	Match 4	Saturday, 8 August 2015	Boston & District AC	@ Boston (TBC)
Division 4E		Divisional Secretary:		Vacancy	
1 Blaydon/Elswick	4 Jarrow & Hebburn AC	Match 1	Sunday, 3 May 2015	Blaydon/Elswick	@ Jarrow
2 Chester le Street AC	5 Tyne Bridge Harriers	Match 2	Saturday, 6 June 2015	Chester le Street	@ Hexham??
3 Heaton Harriers	6 Tynedale Harriers	Match 3	Sunday, 12 July 2015	Heaton	@ Venie TBA
		Match 3	Saturday, 8 August 2015	Tynedale	@ Hexham
Division 2 Promotion Match			Saturday, 22 August 2015	Doncaster or Trafford	

League Best Performances as at 01/03/2012

WOMEN

<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Perf.</u>	<u>Date</u>
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	K Johnson-Thompson	Liverpool H	58.3	20157
Long Jump	S. Hearnshaw	Hull Spartan	6.39m	1984
High Jump	J. Little	Border	1.86m	1986
Triple Jump	M Robins-Hulse	Trafford	12.63m	2014
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

<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Perf.</u>	<u>Date</u>
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
	Sam Lansborough	Wirral	10.6	2014
	Luke Gibben	Kingston upon Hull	10.6	2014
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	Craig Jones	Liverpool H	7.70	2014
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
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Finance Officer. Mike Welford 0161- 866 - 8253
Email mike.welford@ntlworld.com

Web Address: <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)	frankdukes70@aol.com
Divisional Secretary (2W)	david.32.brown@bt.com
Divisional Secretary (2WC)	-
Divisional Secretary (3E)	stuart.pailor@btinternet.com
Divisional Secretary (3EC)	
Divisional Secretary (3W)	tonywaterston@ntlworld.com
Divisional Secretary (3WC)	alan@batfl.co.uk
Divisional Secretary (4E)	
Divisional Secretary (4EC)	jackie.gibbons@nlg.nhs.uk
Divisional Secretary (4W)	mike.welford@ntlworld.com
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Results Co-ordinator Roger Norton 01977 554611

Northern Athletics Office 01924 457922

Web <http://www.northernathletics.org.uk>