



**COMPETITION**  
**RULES**

**2026**

## COMPETITION RULES

### 1. MATCHES / EVENTS

The league will comprise of 4 matches, taking place over 5 weekends, ideally with at least 2 on a Saturday & 2 on a Sunday. Each division will have a bye weekend. The allocation of the bye weekend will be decided by the League Secretary when formulating the divisional structure and venues for a coming season.

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       | 4x100 Mixed | 4x400     | 4x400 Mixed | 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       | 4x100 Mixed | 4x400     | 4x400 Mixed | 2000 S/Chase | Non-Scoring 100m |

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

2. **ORDER & TIME OF EVENTS**

| <u>Time</u>  | <u>Track</u>  | <u>Field Men</u> | <u>Field Women</u> | <u>Other</u>                                  |
|--------------|---|------------------|--------------------|---|
| <b>10:30</b> | <b>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   | Shot Men         |                    | <i>Matches 1 &amp; 3</i>                      |
| *14:05       | 2000m S/C Women   | Shot Men         |                    | <i>Matches 2 &amp; 4</i>                      |
| 14:10        |   |                  | Triple Jump Women  |   |
| 14:25        | 100mH Women   |                  |                    |   |
| *14:35       | 3000m Women   |                  |                    | <i>Matches 1 &amp; 3</i>                      |
| *14:35       | 5000m Men   |                  |                    | <i>Matches 2 &amp; 4</i>                      |
| 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   |                  | Javelin Women      | <i>Matches 1 &amp; 3</i>                      |
| *16:05       | 3000m Women   |                  | Javelin Women      | <i>Matches 2 &amp; 4</i>                      |
| *16:30       | 4 x 100m Mixed A  |                  |                    | <i>Matches 1 &amp; 3</i>                      |
| *16:30       | 4 x 100m Women  |                  |                    | <i>Matches 2 &amp; 4</i>                      |
| *16:40       | 4 x 100m Mixed B  |                  |                    | <i>Matches 1 &amp; 3</i>                      |
| *16:40       | 4 x 100m Men  |                  |                    | <i>Matches 2 &amp; 4</i>                      |
| *16:50       | 4 x 400m Women  |                  |                    | <i>Matches 1 &amp; 3</i>                      |
| *16:50       | 4 x 400m Mixed A  |                  |                    | <i>Matches 2 &amp; 4</i>                      |
| *17:00       | 4 x 400m Men  |                  |                    | <i>Matches 1 &amp; 3</i>                      |
| *17:00       | 4 x 400m Mixed B  |                  |                    | <i>Matches 2 &amp; 4</i>                      |

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). **These roles may be shared between different officials, who *must* sign-in before officiating, and the roles *must* be covered by the club for the full duration of the club's allocated 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.

**An official may compete in an event when NOT covering a club's allocated duties (they may not officiate and compete at the same event).**

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)

- ◆ Graded Level 2+ 10 points
- ◆ Graded Level 1 5 points
- ◆ Ungraded Volunteer 3 points

& 5 Field Judges

- ◆ Necessary Graded Level 2+ 10 points
- ◆ Other Graded Level 2+ 7 points
- ◆ Graded Level 1 5 points
- ◆ Ungraded Volunteer 3 points

The maximum number of officials' points which can be accrued is therefore **58** 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, first claim other 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. Categories are defined as sex at birth.
- 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.

The declaration of an athlete shall be deemed that the athlete has made himself/herself/themself, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to athletes participating in the sport of Athletics, for 12 months from the date of participating in the event, whether or not the participant is a citizen of, or resident in, the UK.

**6. PARTICULAR AGE GROUPS**

- a) A senior athlete may compete in a maximum of 7 events.
- b) In line with UKA Rule TR3-S2(4), An under 20 athlete may only compete in a maximum of 5 events.
- c) In line with UKA Rule TR3-S2(3), An under 18 athlete may only compete in a maximum of 3 events plus one relay. In addition, U18 Men shall not be allowed to compete in the 3000m Steeplechase, 5000m, 110m hurdles, Hammer, Discus and Shot.
- d) In all of the above, Non-scoring events will count towards the maximum.

**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**
- a) In all field events (except High Jump and Pole Vault) all competitors shall be entitled to three trials. **Excluding non-scoring athletes**, the first six placed competitors, **at the event, even if they are from different divisions**, shall be entitled to a further three trials.
  - b) In all field events all competitors shall be entitled to 2 warm-up trials, **providing they report to the lead official at least 15 minutes before the start of the event and stay at the event site.**

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, **and for each division**, other than events of 1500m or more.
    - i. If, however, there are so few competitors as to warrant separate "A" and "B" **and divisional** races then all competitors may, at the Track Referee's discretion, compete together with the "A" and "B" **and divisional** races being scored separately.
    - ii. In all events where "A" and "B" competitors compete together, the highest placed athlete will be considered the "A" athlete for scoring purposes.
    - iii. If a club has only one competitor in any event that competitor shall compete in the "A" event.
    - iv. In all field events "A" and "B" competitors **from all the divisions present at the meeting**, 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.

2026

## TRACK LANE 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> |
|-------------------|-----------------|-----------------|-----------------|-----------------|------------------|
| 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(& Mixed) | 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(& Mixed) | 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

| <b>EVENT</b>      | <b>MATCH 1</b> | <b>MATCH 2</b> | <b>MATCH 3</b> | <b>MATCH 4</b> |
|-------------------|----------------|----------------|----------------|----------------|
| 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(& Mixed) | 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(& Mixed) | 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

| <b>EVENT</b>      | <b>Match 1</b> | <b>Match 2</b> | <b>Match 3</b> | <b>Match 4</b> | <b>PROMOTION</b> |
|-------------------|----------------|----------------|----------------|----------------|------------------|
| 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(& Mixed) | 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(& Mixed) | 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

| <b>EVENT</b>      | <b>Match 1</b> | <b>Match 2</b> | <b>Match 3</b> | <b>Match 4</b> | <b>PROMOTION</b> |
|-------------------|----------------|----------------|----------------|----------------|------------------|
| 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(& Mixed) | 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(& Mixed) | 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 | Hammer | Discus | Javelin | Shot | Long Jump | Triple Jump | High Jump | Pole Vault |
|-------|--------|--------|---------|------|-----------|-------------|-----------|------------|
| 1     | 7      | 1      | 3       | 6    | 2         | 8           | 5         | 4          |
| 2     | 4      | 5      | 8       | 1    | 6         | 3           | 2         | 7          |
| 3     | 6      | 4      | 1       | 7    | 3         | 5           | 8         | 2          |
| 4     | 2      | 8      | 6       | 3    | 7         | 1           | 4         | 5          |

### 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&F  |
| 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    |

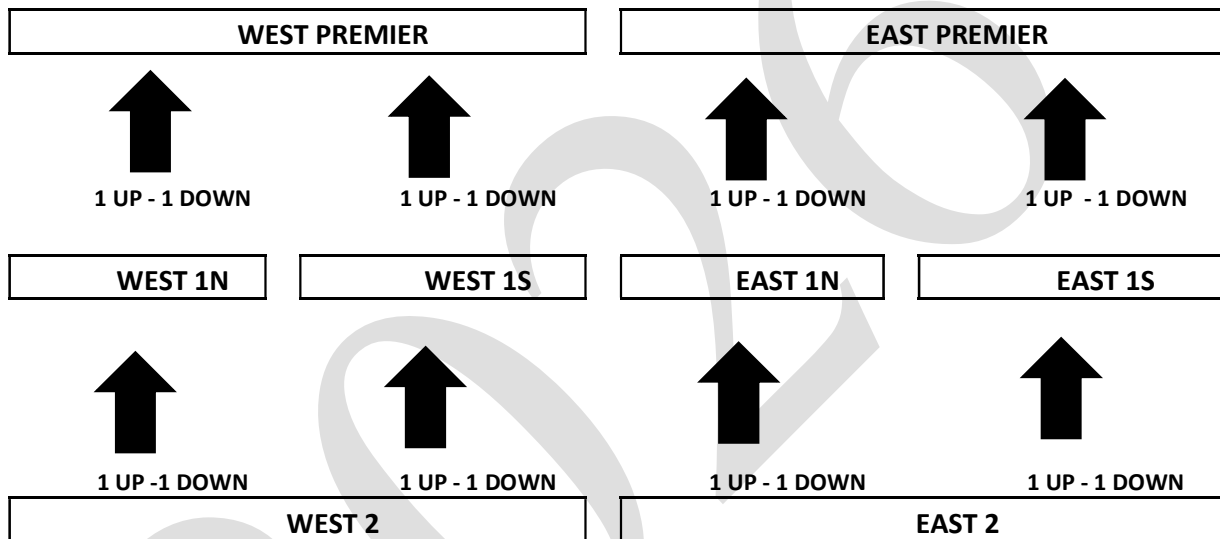
# 2026 STRUCTURE

## FLOWCHART OF PROMOTION AND RELEGATION



*(Bottom 2 in West Premier will move to the appropriate division West 1N or West 1S)*

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



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

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

## **CONTACT DETAILS**

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

## **Divisional Secretaries**

|                                     |                   |  |
|-------------------------------------|-------------------|--|
| Divisional Secretary (East Premier) | Terry Bailey      | <a href="mailto:terry.bailey.292@talktalk.net">terry.bailey.292@talktalk.net</a>     |
| Divisional Secretary (E1N)          | John Brant        | <a href="mailto:john195@john195.karoo.co.uk">john195@john195.karoo.co.uk</a>         |
| Divisional Secretary (E1S)          | Stefan Wilcockson | <a href="mailto:stefwilco@icloud.com">stefwilco@icloud.com</a>                       |
| Divisional Secretary (E2)           | Will Carter       | <a href="mailto:willjacarter@hotmail.com">willjacarter@hotmail.com</a>               |
|                                     |                   |  |
| Divisional Secretary (West Premier) | David Brown CBE   | <a href="mailto:dbrowncbe@gmail.com">dbrowncbe@gmail.com</a>                         |
| Divisional Secretary (W1N)          | Kevin Aspindle    | <a href="mailto:kevin.aspindle@btinternet.com">kevin.aspindle@btinternet.com</a>     |
| Divisional Secretary (W1S)          | Dave Brown        | <a href="mailto:speermeister@outlook.com">speermeister@outlook.com</a>               |
| Divisional Secretary (W2)           | Margaret Grayston | <a href="mailto:margaretgrayston@btinternet.com">margaretgrayston@btinternet.com</a> |