

CHESHIRE TRACK AND FIELD LEAGUE**LEAGUE PROGRAMME AND RULES OF COMPETITION**

The league will function under UKA rules & is confined to Amateur Competitors.

EVENTS TO BE HELD IN EACH AGE GROUP**SCORING COMPETITORS**

One Sprint	4 per Club	One Middle Distance Race	4 per Club
One Throw	2 per Club	One Jump	2 per Club
One Relay	1 team per club		

Extra Middle Distance mixed race IS to be included for Men/Ladies age group - numbers of participants to be at the discretion of the Track Referee / Safety Factors.

The following groups will be included in competition at each fixture.

ALL AGES AS AT 1ST SEPTEMBER of the current season

NOTE : Only FIRST CLAIM ATHLETES CAN BE USES (As agreed at 2014 AGM)

<u>Women:</u>	Under 13 Girls	Under 17 Women	<u>Men:</u>	Under 13 Boys	Under 17 Boys
	Under 15 Girls	Senior Women		Under 15 Boys	Senior Men

Under 11's Under 11 Girls Under 11 Boys

Competitors must be in either school years 4 or 5 at the start of the competitive season (April).

Note: Competitors may only compete in one age group in any one fixture. Team Managers must be aware of the rules governing the number of events an athlete may compete in at one meeting.

Any competitor discovered competing in two age groups will be disqualified.

EVENT POINTS: These will be awarded for each event from which LEAGUE POINTS are derived.

SPRINTS (100m or 200m U13 & above and 75m & 150m Under 11's)

4 Races are held A, B, C and D and event points are awarded as follows (1 runner from each club in each race).

In the event of more competitors than lanes, time trials will be held.

<u>A Race</u>	<u>B Race</u>	<u>C Race</u>	<u>D Race</u>
32,31,30,29,28,27,26,25	24,23,22,21,20,19,18,17,	16,15,14,13,12,11,10,9	8,7,6,5,4,3,2,1

The **Club** with the most event points received **16 Match Points**, Second Club receives **14**, Third **12**, Fourth **10, etc.**

Where two or more clubs obtain the same number of event points the equivalent match points allotted are to be shared.

MIDDLE DISTANCE RACES (800m or 1500m Under 13's and above, 600m for under 11's)

Hold 2 races A and B - (Except 3000m) - each with two runners per club and award event points as follows:-

A Race : 32,31,30,29,28,27,26,25,24,23,22,21,20,19,18,17,

B Race : 16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1 Then award **Match Points** as for sprints.

Note:

With a maximum of eight clubs per fixture there may be 16 runners for each 800 / 1500m race (A & B) and 24+ for the Senior /U17's 3000m race. We must ask that competitors be accommodating on this point for safety reasons and abide by the TRACK REFEREES RULING AT EACH MEETING and accordingly request that no non-scorers be allowed in races if 16 or more athletes turn out for either the A or B race (3000m race excepted)

3000m RACE (Senior Men / Ladies and U17's)

3000 metre races are included for the Senior men / Ladies and also U17's in each round. A maximum of 4 male / 4 female competitors in each event may represent a club with the first 3 home scoring for each club. This will be run as two individual races unless the numbers are such that one race can be run (Men's Race / Women's Race).

U17 3K to be run within the main race but scored separately. In the event of too many competitors, the race to be split at the discretion of the Track Referee

The traditional cross country method of scoring will apply, 1st runner 1 point, 2nd runner 2 points etc. Accordingly the team with the lowest total of points for their 3 competitors scores 12 Match Points, the second team 10 Match Points, etc.

If one team is incomplete, please add the position of the last runner PLUS ONE for each blank place.

By this method a single runner can help his / her club.

The scores of incomplete teams will be placed after those of complete teams. IE 3 runner scoring team, 2 runner scoring team, single runner scoring team. This rule applies to both Men and Ladies competition.

JUMPS and THROWS

2 Competitors per club (who must be declared at the start of the event).

Award event points in order of finishing (numbers to be at the FIELD REFEREES DISCRETION.)

A Competitor 16,15,14,13,12,11,10,9,

B Competitor 8,7,6,5,4,3,2,1 then award match points as for sprints

All competitors in jump and throwing events (excluding High Jump) will be given 4 trials, except Under 11's who get 3.

Specific Rules for the Under 11's Long Jump are as follows:-

The take off board shall be 1 metre from the pit edge. If there is no board 1 metre from the edge, then a tape or line shall be marked on the runway. The run up will be **no longer** than 15 metres. A cone shall mark the run up limit (note that athletes can have a shorter run up).

The event will be split into two and run concurrently (if enough pits are available)

Specific Rules for the Under 11's Javelin are as follows:-

300 gram Turbo Javelins should be used when they are available. If Turbo Javelins are not available then Bull Nose Javelins can be used.

The run up will be **no longer** than 5 metres. A cone shall mark the run up limit.

Each athlete will take all his/her throws consecutively with only the longest trial being measured.

Due to the numbers taking part in the Under 11's Long Jump and Javelin it would be helpful if two pools could be used to speed up the event. Obviously, this will depend upon the number of field officials available at the time,

RELAYS (all Age Groups)

Award Match Points as follows:-

1st Team:	16 points	2nd Team:	14 points
3rd Team:	12 points	4th Team:	10 points
5th Team:	8 points	6th Team:	6 points
7th Team:	4 points	7th Team:	2 points

Non Scoring

Non - Scoring events will be held on the track at each fixture, including Under 11 races, (Competitors must be in either school years 4 or 5 at the start of the competitive season (April)). Non scoring relays may be held. Under 11's will have a sprint, a distance race, a long jump, turbo javelin and a relay. They will be scored separately to the main match. The under 11's **must not** be forced to do the events to fill the places in the team.

TIES

If there is a tie for 1st team place, both clubs are awarded 15 Match Points, if there is a tie for second team place, and then both clubs are awarded 11 Match Points, etc.

CANCELLED MATCHES/EVENTS

If a match is cancelled, points will be awarded accordingly in ratio to the League Positions of the clubs involved.

If an event is not held by the consent of ALL CLUBS present, the match points are shared. (i.e. award each team 6 Match Points)

ORGANISATION

The **HOST CLUB (s)** is responsible for the following arrangements:-

- 1) Organisation of the fixture
- 2) Booking and Paying for the Venue
- 3) Appointment of the Track & Field Referee's, Chief Time Keeper, Starter, a Marksman, Recorders and Scorers **IN ADVANCE OF THE MATCH**. These officials can be appointed from visiting clubs.
- 4) Sending out travel instructions to all visiting clubs, at least two weeks prior to the meeting..
- 5) Track Place / Time Slips and Field Cards.
- 6) Posting copies of the result sheets to all visiting clubs, within 7 days of the meeting.
- 7) Retain all documentation, including track slips and field cards. The secretary will send for these if any queries arise..

PLUS - All other officials required, in addition to those provided by the visiting clubs.

OFFICIALS MINIMUM REQUIREMENT RULE

A minimum of six named officials per visiting club Each official, volunteer or helper will be given 10 points up to a maximum of 60 points. The points will be shared between the Men's and Women's Competition. No officials points will be added to the under 11's competition.

Each club must provide a Track Judge, a Timekeeper and four field officials. One of the field judges must be a level two "B" or above. This is the minimum requirement. Clubs are to declare their officials on the OFFICIAL DECLARATION FORM to the Meeting Organiser prior to the start of competition. It is the meeting organiser's responsibility to verify with the respective Track and Field Referees that all declared officials are present and allocated duties. Any missing officials must be notified to the secretary with the results.

Where a team fails to provide its full quota of officials, another team at the meeting can provide them in their place with certain provisos. Firstly the request **MUST** come from the chief official for that discipline. Secondly the official(s) being used must be at least level 2. As long as this criteria is observed the substituting team can be awarded 10 points for each extra official.

NUMBER

Each Club **MUST** provide its athletes with Numbers preceded by the letters below, **which must be worn front and back**.
(For example – A01, A52, A101, etc)

Letters are allocated as follows:-

A	Altrincham & District A.C.	M	Menai Track & Field Club
B	Bury A.C.	N	Crewe & Nantwich AC
C	Colwyn Bay A.C	P	St. Helens Sutton AC
D	Deeside AC	Q	Manchester Harriers & AC
E	East Cheshire Harriers	R	Wirral AC
F	Halton & Frodsham	S	Salford Metropolitan AC
H	Handforth Wilmslow AC	T	Trafford AC
J	Macclesfield Harriers & AC	V	Vale Royal
K	Wrexham AAC	W	West Cheshire AC
L	Maldwyn Harriers	X	Warrington AC
		Y	Stockport Harriers

AFFILIATION

The League affiliation fee is £20.00 per team per season, which should be paid to the League Treasurer **PRIOR** to the commencement of the season. Send to:-

Mrs. Jean Simpson MBE,
5 Sheaf Field Walk,
Radcliffe, Manchester.
M26 4DD
Tel No: 0161 724 7928

COMPETITORS FEES

Each competitor will pay £2.00 per fixture, which the Team Managers must collect and hand over to the host club as a contribution towards the match costs.

Contact Numbers

President	George Bunner	01928-733594	george@teamathletics.net
Chairman	Bill Smith	0192 8712387	bill.smith7@ntlworld.com
Secretary	Alan Johnson, 6 Fir Tree Crescent, Dukinfieldm Cheshire. SK16 5EH	0161 304 7098	alan@batfl.co.uk
Treasurer	Jean Simpson MBE, 5 Sheaf Field Walk, Radcliffe, Manchester. M26 4DDD	0161 724 7928	jlidsimpson@btinternet.com

Altrincham & District AC	John Snape	0161 980 6789	john.snape100@btinternet.com
Blackley & N Manchester AC	Elaine & David Crosdale	0161 643 9824	ed.crosdale@ntlworld.com
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Bury AC	Helen Vaughan		mrs.helenvaughan@gmail.com
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Deeside AC	Mrs Lynne Crocombe		member@lcrocombe.freeserve.co.uk
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Halton & Frodsham AC	Marian Allen	01928 723529	panmaallen@googlemail.com
Halton & Frodsham AC	Eric Webster	01928 560622	eric.webster64@o2.co.uk
Handforth & Wilmslow AC	Jim Lethbridge	01625 520815	jiml@stchadshandforth.org.uk
Macclesfield AC	Bob Lynch		pauline_lynch@hotmail.com
Macclesfield AC	Kevin Rabshaw	01625 616483	kevinranshaw@virginmedia.com
Maldwyn Harriers	Jill and Dave Peters		jillanddave70@gmail.com
Manchester Harriers	George Lawson	0161-485-2261	georgelawson50@yahoo.co.uk
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Menai Track & Field Club	Mairwen Roberts	01248 714321	almech@tesco.net
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