

## 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**

One Sprint 4 Per Club  
One Throw 2 Per Club  
One Relay 1 team per club

#### **SCORING COMPETITORS**

One Middle Distance Race 4 Per Club  
One Jump 2 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 1<sup>ST</sup> SEPTEMBER of the current season**

<b><u>Women:</u></b>	Under 13 Girls	<b><u>Men:</u></b>	Under 13 Boys	Under 17 Boys
	Under 15 Girls		Under 15 Boys	<b>Senior Men</b>
	Ladies (over 15)			
<b><u>Under 11's</u></b>	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).

<b><u>A Race</u></b>	<b><u>B Race</u></b>	<b><u>C Race</u></b>	<b><u>D Race</u></b>
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 **12 Match Points**, Second Club receives **10**, Third **8**, Fourth **6** Fifth **4** & Sixth **2**.  
**Where two or more clubs obtain the same number of event points the equivalent match points allotted are to be hared.**

#### **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 :** 24,23,22,21,20,19,18,17,16,15,14,13,    **B Race :** 12,11,10,9,8,7,6,5,4,3,2,1, Then award **Match Points** as for sprints.

#### **Note:**

With a maximum of six clubs per fixture there may be 12 runners for each 800 / 1500m race (A & B) and 24+ for the Senior 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 12 or more athletes turn out for either the A or B race (3000m race excepted)

#### **JUMPS and THROWS (Under 11's Soft Javelin and Long Jump)**

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

**A Competitor** 12,11,10,9,8,7    **B Competitor** 6,5,4,3,2,1 then award match points as for sprints

#### **Specific Rules for the Under 11's Long Jump Are as follows:-**

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

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

#### **3000m RACE (Senior Men / Ladies)**

A 3000 metre race is to be included for the Senior men / Ladies in each round. A maximum of 4 male / 4 female competitors 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).

Club 'letters' are to be worn, suffixed by a unique single digit, written on in black felt pen. (For 2010 George Bunner will provide labels)

The traditional cross country method of scoring will apply, 1<sup>st</sup> runner 1 point, 2<sup>nd</sup> 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.

### **RELAYS (all Age Groups)**

Award Match Points as follows:-

1st Team:	12 points	2nd Team:	10 points
3rd Team:	8 points	4th Team:	6 points
5th Team:	4 points	6th 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, time permitting. Under 11's will have a sprint, a distance race, a standing 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 11 Match Points, if there is a tie for second team place, and then both clubs are awarded 9 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.
- 4) Sending out travel instructions to all visiting clubs, at least two weeks prior to the meeting.
- 5) Provision of Numbers for all non-scorers.
- 6) Track Place / Time Slips and Field Cards.
- 7) Posting copies of the result sheets to all visiting clubs, within 7 days of the meeting.
- 8) Returning all documentation, including track slips and field cards to the secretary, for scrutinising.

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

### **OFFICIALS MINIMUM REQUIREMENT RULE**

A minimum of five named officials per visiting club Each official, volunteer or helper will be given 10 points up to a maximum of 50 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 three field officials. One of the field judges must be a level three 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.

The 2010 AGM agreed that 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 3. As long as this criteria is observed the substituting team can be awarded 10 points for each extra official.

### **LETTERS**

Each Club **MUST** provide its athletes with the Club Letters, **which must be worn front and back.**

Letters are allocated as follows:-

A	Altrincham & District A.C.	M	Colwyn Bay A.C.
B	Bury A.C.	N	Crewe & Nantwich AC
C	Menai Track & Field Club	O	East Cheshire Harriers & Tameside AC
D	Deeside AC	P	St. Helens Sutton AC
F	Halton & Frodsham AC	S	Salford Metropolitan AC
H	Handforth AC	T	Manchester Harriers & AC
I	West Cheshire AC	V	Wirral AC
J	Macclesfield Harriers & AC	W	Dash AC
K	Trafford AC	Y	Stockport Harriers AC

### **AFFILIATION**

The League affiliation fee is £10.00 per team per season, which should be paid to the League Treasurer **PRIOR** to the commencement of the season. Send to:-

Mr. B.J. Warren, 51 Fairways, Frodsham, Cheshire. WA6 7RY Tel. No.: 01928 – 732529

## **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.**

## **SCORE SHEETS**

Master Score Sheets will be provided by the League Secretary for each fixture. The organising club(s) must provide their own track slips and field cards. Clubs should use the computerised program where possible.

### **Contact Numbers**

President	George Bunner	01928-733594	<a href="mailto:george@teamathletics.net">george@teamathletics.net</a>
Chairman	Bob Lynch	01625 - 829229	<a href="mailto:pauline_lynch@hotmail.com">pauline_lynch@hotmail.com</a>
Secretary	Alan Johnson	0161 304 7098	<a href="mailto:alan@batfi.co.uk">alan@batfi.co.uk</a>
Treasurer	Brian Warren	01928 732529	<a href="mailto:bjwarren@talktalkbusiness.net">bjwarren@talktalkbusiness.net</a>
Altrincham & District AC	John Snape	0161 980 6789	<a href="mailto:john.snape100@virgin.net">john.snape100@virgin.net</a>
Blackley & N Manchester AC	Elaine Crosdale	0161 643 9824	<a href="mailto:Elaine.Crosdale@cmmc.nhs.uk">Elaine.Crosdale@cmmc.nhs.uk</a>
Bury AC	Mrs. Vera Duerdin	0161 764 1046	<a href="mailto:talacre@supanet.com">talacre@supanet.com</a>
Colwyn Bay AC	Diane Ray	01492 548893	<a href="mailto:diane.ray@colwynbayac.com">diane.ray@colwynbayac.com</a>
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Crewe and Nantwich AC	Stephen Matthews		<a href="mailto:stephen@matthews-internet.freeserve.co.uk">stephen@matthews-internet.freeserve.co.uk</a>
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Deeside AC	Mrs. D. Harris	01244 548656	<a href="mailto:den.harris@tiscali.co.uk">den.harris@tiscali.co.uk</a>
East Cheshire Harriers	Heather Hirst	0161 339 9881	<a href="mailto:heather.hirst1@ntlworld.com">heather.hirst1@ntlworld.com</a>
Halton & Frodsham AC	Brian Warren	01928 732529	<a href="mailto:bjwarren@talktalkbusiness.net">bjwarren@talktalkbusiness.net</a>
Handforth & Wilmslow AC	Jim Lethbridge	01625 520815	<a href="mailto:jjml@stchadhandforth.org.uk">jjml@stchadhandforth.org.uk</a>
Macclesfield AC	Alan Webster	01260 280232	<a href="mailto:Alan.Webster@astrazeneca.com">Alan.Webster@astrazeneca.com</a>
Macclesfield AC	Bob Lynch		<a href="mailto:pauline_lynch@hotmail.com">pauline_lynch@hotmail.com</a>
Manchester Harriers	George Lawson	0161-485-2261	<a href="mailto:georgelawson50@yahoo.co.uk">georgelawson50@yahoo.co.uk</a>
Menai Track & Field Club	Steve Livett,	01248 853067	<a href="mailto:steve.w.livett@magnoxnorthsites.com">steve.w.livett@magnoxnorthsites.com</a>
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Stockport Harriers	Peter Torrance		<a href="mailto:petetorranc@aol.com">petetorranc@aol.com</a>
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Wirral AC	L Carroll		<a href="mailto:ljc@liverpool.ac.uk">ljc@liverpool.ac.uk</a>