

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 1ST SEPTEMBER of the current season

Women:	Under 13 Girls	Men:	Under 13 Boys	Under 17 Boys
	Under 15 Girls		Under 15 Boys	Senior Men
	Ladies (over 15)			

Under 11's

Under 11 Girls	Under 11 Boys
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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).

A Race	B Race	C Race	D Race
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, prefixed by a unique single digit, written on in black felt pen.

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.

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, but ALL competitors MUST be 9 years of age on the day of competition. 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.

LETTERS

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

Letters are allocated as follows:-

A	Altrincham & District A.C.	M	Vale Royal 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
Chairman	Alan Webster	01260 - 280232
Vice Chairmen	Bob Lynch	01625 - 829229
Secretary	Alan Johnson	0161 - 304 - 7098
Treasurer	Brian Warren	01928 - 732529
Altrincham & District AC	John Snape	0161 - 980 - 6789
Blackley & North Manchester AC	Elaine Crosdale	0161 - 643 - 9824
Bury AC	Vera Duerdin	0161 - 764 - 1046
Crewe and Nantwich AC	Andy Jones	01270 - 537309
Dash AC	Geoff Barrett	01625 - 877674
Deeside AC	Denise Harris	01244 - 548656
East Cheshire Harriers	Jack Dobson	0161 - 643 - 1772
East Cheshire Harriers	Heather Hirst	0161 - 338 - 9881
Halton & Frodsham AC	Brian Warren	01928 - 732529
Handforth AC	Jim Lethbridge	01625 - 520815
Macclesfield AC	Alan Webster	01260 - 280232
Manchester Harriers & AC	George Lawson	0161 - 485 - 2261
Menai Track & Field Club	Steve Livett	01248 - 853067
Moston & District AC	Lorraine Barlow	0161 - 740 - 8171
St. Helens & Sutton AC	Dr. Phil Thomas	01744 - 812376
Salford Metropolitan AC	Michael Lucas	0161 793 7356
Stockport Harriers	Peter Torrance	0161 - 474 - 1827
Trafford AC	Mike Harris	0161 - 881 - 4488
Vale Royal AC	Shaun McGrath	01606 - 592746
West Cheshire AC	Dan Gilroy	01829 - 740513
Wirral AC	Norman Waterson	0151 - 327 - 2571