

AVON TRACK & FIELD LEAGUE

Welcome to the Avon League 2009.

Chairman: Ron Freeman (Gloucester A/C)
16 Belgrave Road, Gloucester, GL1 1QZ
Tel 01452 504394

Secretary:

Treasurer: Bob James (Somer AC)
12 Hillside Avenue, Midsomer Norton, Nr Radstock BA3 2LZ
Tel 01761 418963

Club Representatives (in addition to the above)

Bitton Road Runners Richard Cook 122 Woodmancote, Yate, Bristol BS37 4LH
Tel 0787 0576277 e-mail richard.cook@orange-ftgroup.com.

Bristol: Hilary Nash
75 Manor Road, Keynsham, Bristol BS31 1RE
Tel 0117 9861244 e-mail hilarygnash@blueyonder.co.uk

Forest of Dean: Dave Lucas 101 Lakeside Avenue, Lydney, Glos
Tel 01594 841480 e-mail forestdave@btinternet.com
Mob 07770730859

North Somerset A/C Chris Millard 19 Baytree Road, Clevedon, North Somerset BS21 6JP
Tel 01275 870195 e-mail chrisbtg@blueyonder.co.uk
Steve Goghlan BS48 3JT
Tel 01275 462405 e-mail coghlan@blueyonder.co.uk

Portishead A/C

Severn A/C

Stroud A/C Steve Carr, 35 Crescent Road, Stonehouse, Gloucs GL10 2AR
Tel 01453 825139 e-mail sfg.carr@tiscali.co.uk

Team Bath A/C Melvyn Potter 21 Bramble Drive, Chippenham, Wilts SN15 3PH
Tel 07850409073 e-mail melvyn.potter2@btinternet.com

Yate: Pete Jackson 6 Manor Park, Tockington, Bristol BS32 4NS
Tel 0145 616956 e-mail peter@pjackson0.orangehome.co.uk

John Deaton john@johndeaton.co.uk
Web Site (New) www.avonleague.org.uk

All clubs are reminded that the league affiliation fee of £160 is payable to the Treasurer before the first match. Cheques should be made out to the 'Avon Track and Field League'.

Enclosed is the programme for 2009 incorporating the amendments agreed at the AGM. If there are any errors or problems please contact the League Secretary.

Introductions & Reminders for 2009

All clubs must ensure that the rules are adhered to. This should enable each match to run in a smooth and efficient manner. Particular points to remember are:

- 1/ Club vests and the **CORRECT numbers** must be worn or disqualification will follow. The starters Marshall, field event teams and in particular Team Managers to take note of this, **BEFORE** a competitor competes.
- 2/ **Team declaration sheets are for the aid of Team Managers only.**
- 3/ The **Teams Managers** to ensure that at least one **knowledgeable / qualified official** should be present, at the commencement of each field event they are responsible for. If a team does not have a qualified official for one of the long throws it is essential that one be utilised from another team.
- 4/ Loudspeaker announcements should give priority to announcing starts rather than results and also advise of delays in the programme if able to do so.
- 5/ A 'runner' needs to be employed by the finish towers to help with results. Also could the track tower Chiefs try to staple the two sheets together and pass directly to the results team to carry out the amalgamation
- 6/ **All Team Managers are to abide by the rule that only 4 athletes are allowed in any age group event (track and field).**
- 7/ No points will be awarded to any teams athletes if an event needs to be cancelled either on the day or with prior warning.
- 8/ BU15 are unable to compete in 2 or more track events of 800m or greater length on the same day from the 2005 season. Team Managers should ensure that they do not declare the same athletes in for example the 800m and 3000m, otherwise the athlete will be disqualified.

The league would like financial support. Ideally, a sponsor would be found that could initially cover the cost of the T-Shirts and ideally the cost of the track hire for the year. The amount in question approx. £1000. If any official, competitor or supporter of the league could help here, please make his or her presence known to a committee member.

The track timetable is **VERY** tight and we must ensure a **prompt start**. As there are a large number events on each programme all clubs are allocated an equal number of events to judge during the season. **Host clubs** will not be asked to submit field event teams or an individual Track judge and Time-Keeper on match day. They will need to ensure that a Chief is present on each Tower. Mixed sex races and field events will be conducted at judges discretion on the day of competition.

Please ensure that you supply the correct quota of officials (timekeeper – track judge and field event team) when **not Hosting** a meeting. **The Results Team will supply the league with results for the 4 meetings during the season as soon as is possible after each match has completed.**

Host clubs are also responsible for:

A) Making available Stacy track & field event result cards. B) Obtaining the services of a Chief Timekeeper and Track Referee an Equipment Officer (field) and a Starters Marshall. C) Holding a raffle, the proceeds of which will help in payment of the starter (the remainder sent to the treasurer with a breakdown of expenses). **Note, if the raffle is not undertaken, any expenses that may be incurred by the Starter on the day, will be the responsibility of the Host Clubs to adequately reimburse.**

Avon Track & Field League Rules

MANAGEMENT

The League will be run by a committee of 3 consisting of Chairman, Secretary and Treasurer plus one representative from each of the competing clubs. The League has a bank account and only the Treasurer is authorised to sign cheques. The committee will meet as necessary during the year to transact the business of the League.

RULES

(The League is run under UKA rules)

1 Competitors

Clubs may enter up to 4 athletes per age group event: -

- 2 athletes to score and two further athletes to compete as guests.

- Veteran women and men can score when they run with the seniors in the 100m, 1500m, 3000m and 5000m. Only 4 competitors in each of the senior men/veterans, senior women/veterans categories would score. A separate 100m race may be run For vets SM and/or vets SL if necessary but all longer races will be run together.

For other track events and all field events vets must compete as seniors.

Competitors in the BU15 age group may not compete in 2 or more track events of 800m or greater in length on the same day.

All protests must be made to the Track and Field Referees of the day and only by a Team Manager.

2 Ages

Ages of competitors will be as per UKA rules, which are set out below: -

	School Year
U11 Boys & Girls, Under 11 but 9 or over, before 31.08.2009.	Yr 4 & 5
U13 Boys & Girls, Under 13 but not Under 11 at midnight on 31.08.2009.	Yr 6 & 7
U15 Boys & Girls, under 15 years at midnight on 31.08.2009.	Yr 8 & 9
U17 Men & Women, under 17 years at midnight on 31.08.2009.	Yr 10 & 11
SM & SW over 17 years at midnight on 31.08.2009.	
Vet Men, 40 or over, on the day of competition.	
Vet Women, 35 or over, on the day of competition.	

The League can take no responsibility for competitors under 11 years of age (i.e. Yr's 4 & 5).

No athlete may compete in two age groups per meeting, except the VM/VL, who may compete as SM/SL, but not in the same event. Any athlete being caught doing this will have **all of their points** deducted, as well as any points for relay teams that he or she may have competed in. Athletes may move up an age group in subsequent matches, subject to UKA rules.

3 Number of Events

No competitors, except seniors and Vets may compete in more than 3 events excluding relays, seniors and Vets may compete in 4 events excluding relays.

4 Colours

Club colours must be worn and these are listed below: -

Team Bath – Blue vest with yellow panels.

Bitton RR – Yellow vest with blue horizontal band.

Bristol & West - White vest with red horizontal band.

Forest of Dean - Green vest with a white chest band.

Gloucester – White vest with diagonal red band.

NSAC – Navy Blue vest with White Trim

Portishead –

Severn A/C – Yellow Vest with Blue Bands

Stroud – Green vest with a Blue and Red horizontal band.

Yate - Green vest with yellow vertical stripes.

5 Numbers

Numbers must be worn front and back except for the High Jump and Pole Vault.

Team numbers are to be supplied by clubs and must be Stacy size and not "home-made".

6 Track Events

The make up of races is at the discretion of the track officials.

All events up to and including 400m can be seeded to grade the races in order of performance.

Lane draws will no longer be operated, but preferential treatment in seeding athletes in certain lanes should be avoided at all times.

7 Throws

Three trials per competitor - implements as per UKA rules.

8 Jumps

(1) Horizontal - three per competitor.

(2) Vertical - starting height will be 1.00m for competitors in all age groups inc. U11. (Team Managers should be aware that competitors should be of a sufficient standard to be able to attempt this height i.e. no raw beginners) Heights for other age groups will start at the discretion of the judge bearing in mind 3 points - number of competitors, time allowed for competition and age group.

The bar will be raised in 5cm increments for U11's to 1.20 and until 1.40 for all other age groups. After these heights are attained, it will be at the discretion of the field event teams as to what to raise the bar by.

The highest ranked competitor from any club in a field event will be scored as the 'A' competitor, irrespective of team declaration sheets

Two guest competitors ONLY, will be allowed per event, per age group, per team in all track and field events.

9 Scoring

9.1 Provision has been made to have 8 teams with two scoring athletes per team in every event. The first two athletes of the four permitted per team will score depending on where they finish within the combined event. The scoring will be 1st 16 points down to 16th place 1 point. As an Example.

1 st	Fred Blogs	Team A	16 points
2 nd	Dick Tracy	Team A	15 points
3 rd	Larry Adler	Team A	0 points
4 th	Leon Spinks	Team B	14 points
5 th	Don Quarrie	Team C	13 points

(Note only 1 relay team to score per age group)

- 9.2 Each age group is scored separately.
- 9.3 Total points scored by all age groups determines overall match position.
- 9.4 Total points scored determines match position for each age group.
- 9.5 Match points are scored as 1st = 8, 2nd = 7.....8th = 1 point.
- 9.6 At the end of the season total match scores determine age group and overall positions. In the event of a tie, total event points will be used to determine final positions.

10 Relays, From the 2007 season onwards so long as there is at least one athlete of the correct age group in the team, composite teams can run and score at the higher age grouped team. To clarify if 3 U13s and 1 U15 form a team. They will compete with the U15 age groups. They **must not** under any circumstances compete 2 age groups above their youngest member. i.e. U13 U13 U13 U17 or U17 U17 U17 U13. In addition **no athlete** will be allowed to compete in more than one relay team on match day irrespective of how many individual events that they will have already competed in. Please make sure that all team managers are aware of this ruling.

11 Team Declarations

There is still the need to provide a Team Declaration sheet for Officials. This should be presented before the start of the meeting.

12 Results

The Results Team will be responsible to ensure a set of results reaches a nominated Team contact at the end of each meeting or as soon as possible afterwards.

13 Officials

Each non-Hosting, competing club must provide: -

- (1) 2 track officials (track judge and timekeeper)
- (2) At least 3-field event judges to work as a team (1 of which must be qualified).

The host clubs will be responsible for: -

- (1) An Administration team to compete the result sheets.
- (2) Personnel to carry out the raffle.
- (3) A Starters Marshall, (2 preferably, for the 75 and 100 metres sprints)
- (4) A Person to operate the loudspeaker / announcer.
- (5) A Chief Timekeeper and Track Referee. *

* Note, they do not have to belong to one of the Host clubs, as long as they are in attendance.

Officials are to report to the host clubs 30 minutes before the start of the match. (Remember it requires some 30 officials for the meeting to run smoothly.)

The Starter and Field Referee and First Aid will be supplied by the League for all 4 matches during the season.

14 Affiliation Fee

This will be set prior to the first match and will be the minimum required to pay for the running costs of the league (£160 for the 2009 season).

15 Second Claim Athletes

Second claim members will be allowed to compete as scoring athletes in the league, provided they compete as scoring athletes for one club only during the season.

AVON LEAGUE MATCH DETAILS 2009

DATES	VENUE	PROG	HOST CLUBS
26 th April	Yate	A	Yate / Stroud
28 th June	Yate	B	Bristol / Bitton-Yate
12 th July	Yate	A	Bath / NSAC / Portishead
9 th August	Yate	B	Gloucester-Severn / FoD

CLUB NUMBERS

Club	Numbers
Yate and District	001 to 199
Bristol & West	200 to 399
Gloucester	400 to 499
North Somerset A/C	500 to 599
Stroud A/C	600 to 699
Team Bath A/C	700 to 799
Bitton RR	800 to 899
Forest of Dean	900 to 999

PROGRAMME 'A'

U11 BOYS

75m	2.00
Long Jump	2.00
Ball Throw	3.30
600m	4.40

U13 BOYS

75 Hurdles	12.10
Discus	1.00
100m	2.20
Shot	2.30
800m	3.15
Long Jump	3.00
200m	3.45
4x100m Relay	4.50

U15 BOYS

80m Hurdles	12.20
3000m	1.00
Discus	1.00
Pole Vault	1.00
100m	2.20
Shot	2.30
800m	3.15
Long Jump	3.00
200m	3.45
4x100m Relay	4.50

U17 MEN

100m Hurdles	12.30
3000m	1.00
Pole Vault	1.00
Long Jump	1.00
Discus	2.00
100m	2.20
800m	3.15
Shot	3.30
200m	3.45
4x400m Relay	5.15

SENIOR & VET MEN

110m Hurdles	12.40
3000m * (includes Vets)	1.00
Pole Vault	1.00
Long Jump	1.00
Discus	2.00
100m * (includes Vets)	2.50
800m	3.15
Shot	3.30
200m	3.45
4x400m Relay	5.15

U11 GIRLS

High Jump	1.00
75m	2.00
Ball Throw	3.30
600m	4.40

U13 GIRLS

70m Hurdles	12.00
High Jump	1.00
1500m	1.30
100m	2.20
200m	3.45
Javelin	4.00
4x100m Relay	4.50

U15 GIRLS

75m Hurdles	12.05
Pole Vault	1.00
1500m	1.30
High Jump	2.00
100m	2.20
Javelin	4.00
300m	4.15
4x100m Relay	4.50

U17 LADIES

Hammer	12.00
80m Hurdles	12.15
Pole Vault	1.00
1500m	1.30
100m	2.20
High Jump	3.00
Javelin	3.00
Triple Jump	4.00
300m	4.15
4x100m Relay	4.50

SENIOR & VET LADIES

Hammer	12.00
100m Hurdles	12.25
Pole Vault	1.00
1500m * (includes Vets)	1.30
100m * (includes Vets)	2.50
Javelin	3.00
High Jump	3.00
Triple Jump	4.00
400m	4.30
4x100m Relay	4.50

PROGRAMME 'B'

U11 BOYS

High Jump	12.00
75m	12.50
Ball Throw	2.45
600m	4.40

U13 BOYS

High Jump	12.00
100m	1.20
1500m	2.30
Javelin	2.55
200m	3.15
4x100m Relay	4.50

U15 BOYS

Triple Jump	12.00
High Jump	12.00
Hammer	12.40
100m	1.20
1500m	2.30
Javelin	2.55
400m	4.00
4x100m Relay	4.50

U17 MEN

400m Hurdles	12.10
Hammer	12.40
Triple Jump	12.45
100m	1.20
High Jump	2.00
1500m	2.30
Javelin	3.40
400m	4.00
4x100m Relay	4.50

SENIOR & VET MEN

400m Hurdles	12.15
5000m * (includes Vets)	12.20
Triple Jump	12.45
Hammer	1.20
100m * (includes Vets)	1.50
High Jump	2.00
1500m	2.30
Javelin	3.40
400m	4.00
4x100m Relay	4.50

U11 GIRLS

75m	12.50
Long Jump	1.30
Ball Throw	2.45
600m	4.40

U13 GIRLS

Discus	12.00
100m	1.20
Shot	1.30
Long Jump	2.30
200m	3.15
800m	4.20
4x100m Relay	4.50

U15 GIRLS

Discus	12.00
100m	1.20
Shot	1.30
Long Jump	2.30
200m	3.15
800m	4.20
4x100m Relay	4.50

U17 LADIES

300m Hurdles	12.00
100m	1.20
Discus	2.10
3000m	2.15
200m	3.15
Long Jump	3.30
Shot	3.30
800m	4.20
4x100m Relay	4.50

SENIOR & VET LADIES

400m Hurdles	12.05
100m * (includes Vets)	1.50
Discus	2.10
3000m * (Includes Vets)	2.15
200m	3.15
Long Jump	3.30
Shot	3.30
800m	4.20
4x400m Relay	5.15

Track Event Numbers for the Season.

Programme 'A'

Programme 'B'

No: -	Event: -	Time: -	Age Grp: -	No: -	Event: -	Time: -	AgeGrp
1	70H	12.00	GU13	1	300H	12.00	LU17
2	75H	12.05	GU15	2	400H	12.05	SL
3	75H	12.10	BU13	3	400H	12.10	MU17
4	80H	12.15	LU17	4	400H	12.15	SM
5	80H	12.20	BU15	5	5000	12.20	SM
6	100H	12.25	SL	6	5000		VM
7	100H	12.30	MU17	7	75	12.50	GU11
8	110H	12.40	SM	8	75		BU11
9	3000	1.00	BU15	9	100	1.20	GU13
10	3000		MU17	10	100		BU13
11	3000		SM	11	100		GU15
12	3000		VM	12	100		BU15
13	1500	1.30	GU13	13	100		LU17
14	1500		GU15	14	100		MU17
15	1500		LU17	15	100	1.50	SL
16	1500		SL	16	100		VL
17	1500		VL	17	100		SM
18	75	2.00	GU11	18	100		VM
19	75		BU11	19	3000	2.15	LU17
20	100	2.20	GU13	20	3000		SL
21	100		BU13	21	3000		VL
22	100		GU15	22	1500	2.30	BU13
23	100		BU15	23	1500		BU15
24	100		LU17	24	1500		MU17
25	100		MU17	25	1500		SM
26	100	2.50	SL	26	200	3.15	GU13
27	100		VL	27	200		BU13
28	100		SM	28	200		GU15
29	100		VM	29	200		LU17
30	800	3.15	BU13	30	200		SL
31	800		BU15	31	400	4.00	BU15
32	800		MU17	32	400		MU17
33	800		SM	33	400		SM
34	200	3.45	GU13	34	800	4.20	GU13
35	200		BU13	35	800		GU15
36	200		BU15	36	800		LU17
37	200		MU17	37	800		SL
38	200		SM	38	600	4.40	GU11
39	300	4.15	GU15	39	600		BU11
40	300		LU17	40	4x100R4.50		GU13
41	400	4.30	SL	41	4x100R		BU13
42	600	4.40	GU11	42	4x100R		GU15
43	600		BU11	43	4x100R		BU15
44	4x100R4.50		GU13	44	4x100R		LU17
45	4x100R		BU13	45	4x100R		MU17
46	4x100R		GU15	46	4x100R		SM
47	4x100R		BU15	47	4x400R5.15		SL
48	4x100R		LU17				
49	4x100R		SL				
50	4x400R5.15		MU17				
51	4x400R						