

NORTH OF ENGLAND TRACK AND FIELD LEAGUE

INTER – CLUB CHAMPIONSHIPS 2008

A : VENUES AND DATES

Qualifying round Sunday 17th August 2008 at Cleckheaton and Blackpool

Cup and Plate Finals Saturday 13th September at Sports City, Manchester

B : RULES FOR COMPETITION

1. ELIGIBILITY

This is a competition for senior athletes, each team having one athlete per event. Only first claim members of clubs are eligible to compete.

Under 17 Men may not compete in the 5000m, 10000m or 3000m Steeplechase, but may compete in any other event at the discretion of team managers, having regard to their ability.

Senior Men & Women are permitted to compete in a maximum of six individual events (excluding relays). Under 20 Men & Women are restricted to a maximum of five events (including relays). Under 17 Men & Women may compete in a maximum of four events, and if doing so at least one of these must be a relay.

Guest competitors will not be allowed in match events, but non-scoring events will be arranged at 100m, 200m & 400m. Other non-scoring events will be permitted at the discretion of the host club and Referee, but must not interfere with the match timetable.

2. Officials and Helpers

In qualifying round matches and the Cup and Plate final, each team must provide four officials/helpers, two to act as a track official (judge or timekeeper) and field judge. For these matches the Chief Officials will be appointed by the Leagues.

Teams will be awarded 20 points for providing their quota of officials/helpers in matches.

3. Field Events

Field Event competitors (except Pole Vault and High Jump) will be allowed three trials. Those who achieve the following standards will be allowed a further three trials:-

	L.J.	T.J.	HAMMER	DISCUS	JAVELIN	SHOT
MEN	5.50	10.50	30.00	25.00	40.00	9.50
WOMEN	4.50	8.50	25.00	25.00	30.00	8.50

In the High Jump the opening heights will be: Men 1.40 : Women 1.20
In the Pole Vault the opening heights will be: Men 2.10 : Women 1.70

4. Track Events

The following events will be combined races for all matches at a venue: 10000m and 5000m and Steeplechase (Men): 3000m and 1500m (Women).

5. Match Draw, Scoring and Qualification

At each venue all clubs will be randomly drawn into two distinct matches. Team Managers (or a representative) must declare their participation at least 30 minutes prior to the opening event.

Teams must provide a declaration form 15 minutes before the first event is due to start (amendments may be made before the start of any event)

a) At each venue all clubs will be randomly drawn into two distinct matches. Team Managers (or a representative) must declare their participation at least 30 minutes prior to the opening event

Teams must provide a declaration form 15 minutes before the first event is due to start (amendments may be made before the start of any event)

b) The first two in each match will qualify for the Cup final. The third and fourth placed teams will qualify for the plate final.

c) Teams which consist of less than five athletes, will be declared incomplete and excluded from the match (draw), but their athletes will be allowed to compete as bon-scorers.

d) Match scoring will depend on the number of teams in the match, with one point for last place and one extra point for each higher place, eg. in a six team match: 6, 5, 4, 3, 2, 1.

C: TIMETABLES

1. Qualifying Round

Field Events

11:15	Hammer Men	
11:30	Shot Putt Women	
11:45	High Jump Women	Long Jump Men
12:20	Hammer Women	Pole Vault Women
13:15	Discus Men	Long Jump Women
14:00	High Jump Men	Triple Jump Men
14:20	Discus Women	Pole Vault Men
15:15	Shot Putt Men	Javelin Men
15:20	Triple Jump Women	
16:20	Javelin Women	

Track Events

12:00	10,000m	Men
12:40	400m Hurdles	Women
12:55	400m Hurdles	Men
13:10	800m	Women
13:20	800m	Men
13:30	100m	Women (plus non scoring)
13:40	100m	Men (plus non scoring)
	3000m	
14:00	Steeplechase	Men
14:20	100m Hurdles	Women
14:30	3000m	Women
14:50	110m Hurdles	Men
15:00	400m	Women (plus non scoring)
		Men (plus non scoring)
15:10	400m	
15:25	1500m	Women
15:35	1500m	Men
		Women (plus non scoring)
15:50	200m	Men (plus non scoring)
16:00	200m	
16:20	5000m	Men
16:45	4 x 100m	Women
16:55	4 x 100m	Men
17:05	4 x 400m	Women
17:15	4 x 400m	Men

NORTH OF ENGLAND TRACK AND FIELD LEAGUE
INTER CLUB CUP AND PLATE COPMPETITION

QUALIFYING ROUND MATCHES – SUNDAY 17TH AUGUST 2008

CLECKHEATON

Boston & District AC
Boston & District "B"
Bradford Airedale AC
Chesterfield & District AC
Chesterfield & District AC "B"
Cleethorpes & District AC
Doncaster AC
Durham City Harriers
Hull Achilles / Goole
Kingston ypon Hill AC
Leeds City AC
Lincoln Wellington AC
Rotherham Harriers & AC
Scunthorpe & District AC
Spenborough & District AC
Wakefield District Harriers & AC

BLACKPOOL

Bingley Harriers & AC
Blackburn Harriers & AC
Blackpool, Wyre & Fylde AC
Bury AC
City of Manchester AC
City of York AC
Holmfirth Harriers & AC
Lancaster & Morecambe / Kendal
Leigh Harriers & AC
Liverpool Harriers & AC
Oldham & Royton Harriers & AC
Pudsey & Bramley AC
Skyrac AC
Southport Waterloo AC
Trafford AC

Cup **First two teams at each match at each venue to qualify for the cup final.**

Plate **Third and fourth teams at each match at each venue to qualify for the plate final.**

Final at Sports City, Manchester on Saturday 13th September 2008.

North of England Track and Field League Inter Club Championship

Declaration Sheet - MEN

Club _____

TEAM
NUMBER

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Date _____ Venue: _____

Event	Athlete's Name (INCLUDING FORENAME)	U17 (Please Tick)	U20 (Please Tick)
100m			
200m			
400m			
800m			
1500m			
3000m S/C			
5000m			
10,000m			
400m H.			
110m H.			
Hammer			
Discus			
Javelin			
Shot			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
4x100m	1		
	2		
	3		
	4		
4x400m	1		
	2		
	3		
	4		

TEAM MANAGER _____

SIGNED: _____

North of England Track and Field League Inter Club Championship
Declaration Sheet - WOMEN

Club _____

TEAM

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Date _____ Venue: _____

Event	Athlete's Name (INCLUDING FORENAME)	U17	U20
		(Please Tick)	(Please Tick)
100m			
200m			
400m			
800m			
1500m			
3000m			
400m H.			
100m H			
Hammer			
Discus			
Javelin			
Shot			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
4x100m	1		
	2		
	3		
	4		
4x400m	1		
	2		
	3		
	4		

TEAM MANAGER _____

SIGNED: _____

North of England Track and Field League Inter Club Championship
Declaration Sheet - OFFICIALS

Club _____

TEAM

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Date _____ Venue: _____

	LEVEL	OFFICIAL'S NAME	UKA Off's Pass No.	CRV Checked (Please Tick)
Track Judge				
Time Keeper				
Field Judge 1				
Field Judge 2				
Field Judge 3				
Field Judge 4				

NOTE: One Track Judge or Timekeeper

At least 3 field judges