

# **UP & RUNNING** **SHEFFIELD**

South Yorkshire County Athletic Association

## **Track and Field**

### **League 2018**

(Incorporating the Championships)

(under South Yorkshire League rules – based on UKA rules)

<b>Rotherham</b>	Sunday 22nd April	All ages	10.00am
<b>Cudworth</b>	Sunday 20 <sup>th</sup> May	All ages	10.00am
<b>Spinkhill</b>	Saturday 16 <sup>th</sup> June	All Ages	10.00am
<b>Cudworth</b>	Saturday 30th June	All Ages	10.00am

Track & Field Secretary  
Janette Tomlins  
144, Aldham House Lane  
Wombwell  
Barnsley  
South Yorkshire  
S73 8RZ  
Tel: 01226 754865

**Programmes    £1.00**

## Track & Field League Rules 2018

The League shall be open to Clubs which are affiliated to the South Yorkshire County AA and who are registered with England Athletics for Track & Field Competition. Individual athletes will also need to be registered for competition with England Athletics (except for those in the Under 11 age group).

1. Athletes must be first claim members of South Yorkshire Clubs or second claim members of a South Yorkshire Club providing that their first claim club is not based in South Yorkshire. Guests are allowed - see rule 5.
2. Club Colours must be worn and athletes failing to wear Club Colours will be disqualified – unless prior permission is obtained from the League Secretary to wear alternative clothing.
3. The affiliation fee will be £12.00 for all athletes. A registration form will be issued to Club Team Managers for handing in at the first fixture. Additional athletes can be registered throughout the season. Each athlete's registration number must be put on the form. Programmes will be on sale at a cost of £1.00.
4. Guests are allowed at a fee of **£9.00 per match**. Guest competitors must be members of a club registered with England Athletics for Track & Field competition and must also be registered for competition with England Athletics.
5. There will be 4 matches in the season for U11, U13, U15 and U17 age groups.
6. Competition format for the U11 age group.
  - 1) There will be a Boys combined events championship at one match and a Girls combined events championship at another match with awards being presented to the first six athletes in both the Boys and Girls categories.
  - 2) At all matches (when not competing in a combined event), athletes may compete in up to 3 individual events and the best of these achieved over the first 3 matches will go towards determining which athletes win individual awards. Performances achieved during a combined events competition will not be considered for an individual award.
7. Competition format for U13/U15/U17 age groups.
  - 1) Championship events will be held for all competing age groups during the 4 matches, as indicated in the programme. For a competition to rank as a championship event, a minimum of 4 athletes must compete with bona fide effort. Awards will be made to the 3 best performing athletes. The awards will be presented on the day of the competition.
  - 2) At all matches, athletes may compete in up to 3 individual events..
  - 3) Grand Prix awards : Sprints, Middle Distance, Jumps and Throws will be made. The awards are decided on athletes best 3 scores in each category.
8. Scoring for each club is achieved by allocating points to the top 12 eligible athletes per event (all age groups) with points being allocated in the order – 12. 11. 10. 9. 8. 7. 6. 5. 4. 3. 2. 1. Only 3 athletes per club count towards the club's total in each event.

## Track & Field League Rules 2018

9. Athletes must compete in their own age group. Athletes who compete in an incorrect age group will have 10 points deducted from their Club's total on each occasion.
10. Each competing Club shall provide a minimum of **4 field helpers/officials (more would be useful) and, where possible, a track judge and a time keeper. The 4 field officials/helpers must report to the field referee in a designated place 30 minutes before the start of the morning and afternoon sessions when they will be allocated events. Failure to do this could stop athletes from that club competing until the 4 helpers are registered.** Each competing club will be expected to provide helpers to assist by reading results out to the computer operators – a timetable will be issued at the beginning of the season.
11. For an athlete to be eligible to compete for South Yorkshire in the U15 Inter-County competition, he/she must meet the entry requirements for the League and have competed in the League during the current season.

### **Health and Safety.**

**Only athletes competing at that time and officials are allowed on the inside of the track or at field event facilities. All other athletes, coaches and spectators must be in the spectators' area.**

The set out of the stadium governs which field events can be held at the same time and this has a bearing on the field events offered at the fixtures.

The programme has been planned with this in mind and with the number of officials expected to be available. The League Secretary reserves the right to reduce the number of trials in a field event from that published in the programme to a lower number to allow all published events to take place within a reasonable time span.

**The League Secretary reserves the right to limit the number of guest competitors allowed in any event. Where several athletes from one club register as guests, that club must also provide officials to help run the competition.**

**In field events, each athlete is allowed 2 warm up throws or jumps. Athletes arriving when the 2<sup>nd</sup> warm ups are taking place will only be allowed 1 warm up.**

*Janette Tomlins*

**Herringthorpe Stadium - Rotherham**

**Middle Lane South – S65 2HR**

**Tel: 01709 828850**

**Sunday, 22<sup>nd</sup> April 2018**

**‘C’ denotes a Championship Event.**

**Starting heights – High Jump – U13 1.00m, U15 1.10m, U17 1.20m**

	<b>Morning Session – Track – 10:00 a.m.</b>			<b>Morning Session – Field – 10:00 a.m.</b>	
T1	U13 Boys	75m Hurdles	F1/2	U17 Men/Women	Hammer ‘C’
T2	U15 Girls	75m Hurdles	F3	U13 Boys	Long Jump
T3	U17 Women	80m Hurdles	F4	U13 Girls	High Jump ‘C’
T4	U13 Girls	800m ‘C’	<b>Followed by, in any order,</b>		
T5	U13 Boys	800m ‘C’	F5	U11 Girls	Long Jump ‘C’
T6	U15 Girls	800m	F6	U15 Girls	High Jump ‘C’
T7	U15 Boys	800m	F7	U13 Boys	Discus
T8	U11 Girls	80m	F8	U15 Boys	Discus
T9	U11 Boys	80m	F9	U17 Men	Discus
T10	U13 Girls	100m	F10	U11 Boys	Ball Throw
T11	U13 Boys	100m	F11	U11 Girls	Ball Throw
T12	U15 Girls	100m	F12	U11 Boys	Turbo Javelin ‘C’
T13	U15 Boys	100m			
T14	U17 Women	100m			
T15	U17 Men	100m			
	<b>Afternoon Session – Track – 1:30 p.m.</b>			<b>Afternoon Session – Field – 1:30 p.m.</b>	
T16	U17/U20/Seniors	3000m	F13	U17 Men	High Jump
T17	U11 Girls	600m	F14	U17 Women	Long Jump
T18	U11 Boys	600m	F15	U13 Boys	Shot ‘C’
T19	U13 Girls	200m	F16	U13 Girls	Javelin
T20	U13 Boys	200m	<b>Followed by, in any order</b>		
T21	U15 Girls	200m ‘C’	F17	U15 Boys	Long Jump
T22	U15 Boys	200m ‘C’	F18	U15 Boys	Shot ‘C’
T23	U17 Women	200m ‘C’	F19	U15 Girls	Javelin
T24	U17 Men	200m ‘C’	F20	U17 Women	Javelin
T25	U15 Girls	300m			
T26	U17 Women	300m			

**Over 15 – 4 Trials**

**Under 15 – 3 Trials**

**Dorothy Hyman Sports Centre  
Snydale Road, Cudworth, Barnsley, S72 8LH**

**Telephone: 01226 710736**

**Sunday, 20<sup>th</sup> May 2018**

**'C' denotes a Championship Event.**

**Starting heights – High Jump – U13 1.00m, U15 1.10m, U17 1.20m**

**The U11 Boys competition is a Combined Events Championship  
comprising a run, a jump and a throw.**

<b>Morning Session – Track – 10:00 a.m.</b>			<b>Morning Session – Field – 10:00 a.m.</b>		
T1	U11 Boys	80m	F1	U13 Girls	Long Jump
T2	U11 boys	600m	F2	U13 Boys	High Jump
T3	U13 Girls	70m Hurdles	F3	U15 Girls	Discus
T4	U15 Boys	80m Hurdles	F4	U17 Women	Shot 'C'
T5	U11 Girls	80m 'C'	<b>Followed by, in any order</b>		
T6	U13 Girls	200m	F5	U11 Boys	Long Jump
T7	U13 Boys	200m	F6	U17 Men	Long Jump 'C'
T8	U15 Girls	200m	F7	U15 Boys	High Jump 'C'
T9	U15 Boys	200m	F8	U13 Girls	Discus 'C'
T10	U17 Women	200m	F9	U17 Women	Discus
T11	U17 Men	200m	F10	U11 Girls	Turbo Javelin 'C'
T12	U17 Men	1500m	F11	U11 Boys	Ball Throw
T13	U15 Boys	300m 'C'	F12	U11 Boys	Turbo Javelin
			F13	U17 Men	Shot 'C'
<b>Afternoon Session – Track – 1:30 p.m.</b>			<b>Afternoon Session – Field – 1:30 p.m.</b>		
T14	U17/U20/Seniors	3000m	F14	U15 Girls	Long Jump 'C'
T15	U17 Men	400m Hurdles 'C'	F15	U13 Girls	Shot
T16	U17 Women	300m Hurdles 'C'	F16	U13 Boys	Javelin 'C'
T17	U11 Girls	600m	F17	U17 Women	High Jump
T18	U13 Girls	100m 'C'	F18	U15 Girls	Shot
T19	U13 Boys	100m 'C'	F19	U17 Men	Javelin
T20	U15 Girls	100m	F20	U15 Boys	Javelin
T21	U15 Boys	100m	F21	U17 Women	Triple Jump
T22	U17 Women	100m			
T23	U17 Men	100m			
T24	U13 Girls	800m			
T25	U13 Boys	800m			
T26	U15 Girls	800m 'C'			
T27	U15 Boys	800m			
T28	U17 Women	800m 'C'			
T29	U17 Men	400m			

Over 15 – 4 Trials

Under 15 – 3 Trials

**Mount St. Mary's College  
College Road, Spinkhill, S21 3YH**

**DO NOT PARK IN THE VILLAGE**

**Saturday, 16<sup>th</sup> June 2018**

**'C' denotes a Championship Event.**

**Starting heights – High Jump – U13 1.00m, U15 1.10m, U17 1.20m**

**The U11 Girls competition is a Combined Events Championship  
comprising a run, a jump and a throw.**

<b>Morning Session – Track – 10:00 a.m.</b>			<b>Morning Session – Field – 10:00 a.m.</b>		
T1	U11 Girls	80m	F1	U13 Boys	Long Jump 'C'
T2	U11 Girls	600m	F2	U13 Girls	High Jump
T3	U11 Boys	80m 'C'	F3	U15 Boys	Discus 'C'
T4	U13 Boys	75m Hurdles 'C'	<b>Followed by, in any order,</b>		
T5	U15 Girls	75m Hurdles 'C'	F4	U11 Girls	Long Jump
T6	U17 Women	80m Hurdles 'C'	F5	U15 Boys	Long Jump
T7	U17 Men	100m Hurdles	F6	U13 Boys	Discus
T8	U13 Girls	100m	F7	U17 Men	Discus 'C'
T9	U13 Boys	100m	F8	U17 Men	High Jump
T10	U15 Girls	100m	F9	U11 Girls	Ball Throw
T11	U15 Boys	100m	F10	U11 Girls	Turbo Javelin
T12	U17 Women	100m	F11	U11 Boys	Turbo Javelin
T13	U17 Men	100m 'C'			
T14	U15 Girls	800m			
T15	U15 Boys	800m 'C'			
T16	U17 Women	800m			
T17	U17 Men	800m			
<b>Afternoon Session – Track – 1:30 p.m.</b>			<b>Afternoon Session – Field – 1:30 p.m.</b>		
T18	U17/U20/Seniors	3000m	F12	U17 Women	Long Jump 'C'
T19	U11 Boys	600m	F13	U15 Girls	High Jump
T20	U15 Girls	300m	F14	U13 Girls	Javelin 'C'
T21	U17 Women	300m 'C'	<b>Followed by, in any order,</b>		
T22	U15 Girls	1500m	F15	U11 Boys	Long Jump 'C'
T23	U15 Boys	1500m	F16	U15 Girls	Javelin 'C'
T24	U17 Women	1500m	F17	U17 Women	Javelin 'C'
T25	U13 Girls	200m 'C'	F18	U17 Men	Triple Jump 'C'
T26	U13 Boys	200m	F19	U15 Boys	Shot
T27	U15 Girls	200m	F20	U13 Boys	Shot
T28	U15 Boys	200m			
T29	U17 Women	200m			
T30	U17 Men	200m			

**Over 15 – 4 Trials**

**Under 15 – 3 Trials**

**Dorothy Hyman Sports Centre  
Snydale Road, Cudworth, Barnsley, S72 8LH**

**Telephone: 01226 710736**

**Saturday, 30<sup>th</sup> June 2018**

**'C' denotes a Championship Event.**

**Starting heights – High Jump – U13 1.00m, U15 1.10m, U17 1.20m**

<b>Morning Session – Track – 10:00 a.m.</b>			<b>Morning Session – Field – 10:00 a.m.</b>		
T1	U13 Girls	70m Hurdles 'C'	F1	U13 Girls	Discus
T2	U15 Boys	80m Hurdles	F2	U17 Women	Shot
T3	U11 Girls	80m	<b>Followed by, in any order,</b>		
T4	U11 Boys	80m	F3	U15 Girls	Discus 'C'
T5	U13 Girls	100m	F4	U17 Women	Discus
T6	U13 Boys	100m	F5	U17 Men	Shot
T7	U15 Girls	100m 'C'	F6	U13 Boys	Javelin
T8	U15 Boys	100m	F7	U15 Boys	Javelin
T9	U17 Women	100m 'C'	F8	U17 Men	Javelin 'C'
T10	U17 Men	100m	F9	U11 Girls	Ball Throw 'C'
T11	U15 Girls	1500m	F10	U11 Boys	Ball Throw 'C'
T12	U15 Boys	1500m	F11	U11 Girls	Turbo Javelin
T13	U17 Women	1500m 'C'	F12	U11 Boys	Turbo Javelin
T14	U17 Men	1500m 'C'			
T15	U11 Girls	4 x 60m Relay			
T16	U11 Boys	4 x 60m Relay			
<b>Afternoon Session – Track – 1:30 p.m.</b>			<b>Afternoon Session – Field – 1:30 p.m.</b>		
T17	U17/U20/Seniors	3000m	F13	U13 Boys	High Jump 'C'
T18	U11 Girls	600m 'C'	F14	U15 Girls	Long Jump
T19	U11 Boys	600m 'C'	F15	U13 Girls	Shot 'C'
T20	U13 Girls	200m	<b>Followed by, in any order,</b>		
T21	U13 Boys	200m 'C'	F16	U13 Girls	Long Jump 'C'
T22	U15 Girls	200m	F17	U17 Men	Long Jump
T23	U15 Boys	200m	F18	U15 Boys	High Jump
T24	U17 Women	200m	F19	U17 Women	High Jump 'C'
T25	U17 Men	200m	F20	U15 Girls	Shot
T26	U13 Girls	800m			
T27	U13 Boys	800m			
T28	U15 Boys	300m			
T29	U17 Men	400m 'C'			

Over 15 – 4 Trials

Under 15 – 3 Trials

**Under 15 Inter-County Match – Saturday, 8<sup>th</sup> September – Nottingham**

**Teams will be selected based on performances in the League and Championship events**