MID LANCS LEAGUE

Rules of Competition 2010

1 There are 5 fixtures in 2010, your 4 best scores to count for the League, based on divisions.

2 Only two members per club shall represent their club in any Track & Field event. Six non-counters may run in Track events, one non-counter in High Jump and three in other field events.

3 In the 3000 metres team race the League shall permit any number to compete, 3 to count as a team.

4 All laned events 100 / 200 / 300 / 400 metres, or any event where there is more than one race per age group, the fastest times will score points: - 7-5-4-3-2-1.

5 An athlete shall only compete in his or her own age group and is only allowed to move up to a higher age group if there is no event for that particular age group, provided however he / she reverts to the age group in the next event if possible, bearing in mind UK Athletics Rules.

6 All athletes are allowed to compete in only three events plus one relay.

7 In the relay race only one team per club to count.

8 Only first claim athletes shall be allowed to compete.

9 Points will score as follows in all events: 7-5-4-3-2-1.

10 Qualifying ages are as at 31st August 2010.

Note: 10 year olds may compete if 11 by 31st August.

11 In the 100 and 200 metres for under 13 male and female, no blocks are allowed.

12 The last field event will start no later than 5.50 pm and the last track event no later than 5.55 pm The meeting will finish definitely at 6.00 pm

13 The promoting club should ensure the meeting will start at 12.00 for hammer followed by other events from 1 pm prompt.

14 Each club must provide officials as follows:
Up to 3 athletes - no officials
4 - 10 athletes - 2 officials
11 - 20 athletes - 3 officials
21 - 30 athletes - 4 officials
> 30 athletes - 5 officials
When required to provide 3 officials or more, at least 1 must be graded and 1 must be either a track judge or a timekeeper.
Officials must report to the meeting secretary half an hour before the first event. If any club fails to provide the necessary officials, a fine of £20 will be charged per official. This fine will only be levied if the rule is broken more than once in a season. 15 points will be added to the team score for a full team of officials. All athletes and officials must be declared.

15 In all field events except the high jump, each athlete will only be allowed three throws / jumps to decide the winner.

16 All athletes must compete in at least two league matches to be allowed to compete for a medal in the Medal Meeting.

17 Athlete numbers must be worn and visible. Numbers are to be worn back and front for all track events.

18 Club vests must be visible in all events, subject to the referee's discretion.

19 Medal Meeting starts at 12 noon. Officials must be provided as in Rule 14 above, reporting by 11.30 am.

20 High Jumps opening heights:

female	under 13	1.00 metre	under 15	1.10 metre
	under 17	1.20 metres	senior	1.30 metres
male	under 13	1.10 metre	under 15	1.20 metres
	under 17	1.30 metres	senior	1.50 metres

MID LANCS TRACK & FIELD DIVISIONS 2010

Division 1 Men	Division 1 Women
Blackburn H & AC	Barrow & Furness Striders AC
Blackpool, Wyre & Fylde AC	Blackpool, Wyre & Fylde AC
Horwich RMI Harriers &AC	Bolton United Harriers
Hyndburn AC	Horwich RMI Harriers &AC
Kendal AC	Hyndburn AC
Preston Harriers	Pendle AC
Southport Waterloo AC	Preston Harriers

Division 2 Men	Division 2 Women
Barrow & Furness Striders AC	Blackburn H & AC
Bolton United Harriers	Burnley AC
Burnley AC	Chorley AC
Chorley AC	Lancaster & Morecombe AC
Lancaster & Morecambe	Lytham St Annes RR
Lytham St Annes RR	Kendal AC
Pendle AC	Rossendale Harriers
Rossendale Harriers	Southport Waterloo AC
Wesham Road Runners	Wesham Road Runners
Wigan H & AC	Wigan Harriers