

Humber Track & Field Developmental League 2019

OPEN MEETINGS SERIES 2019

Under UKA Rules

1. Number of Meetings

There will be **five** meetings as follows:

- Meeting 1- Saturday 6th April, Grimsby KGV. Conventional Open Meeting
Meeting 2- Saturday 4th May at Hull Costello Includes Schools' Combined Events trials & 10000m County Championships event.
Meeting 3- Saturday 8th June at Grimsby KGV Includes Humberside Schools' Intermediate & Senior Championships
Meeting 4- Saturday 27th July at Hull Costello Includes Throws Triathlon
Meeting 5- Saturday 31st August at Quibell Park, Scunthorpe. Includes Jumps Triathlon & mile races

First Event: 10.30 am. (Age groups U9-school years 2 & 3 and U11- school years 4 & 5). All other age groups as UKA. Rules.

2. Membership and Participation

All Clubs affiliated to England Athletics and schools are eligible to take part.

There is no affiliation fee.

Numbers will be purchased on the day by paying the £6.00 per individual competitor.

This applies also to athletes from outside Humberside, who are welcome as competitors to our Humber Opens.

3. Competition Rules

i) In all Track Events athletes may be asked to state their personal best in order that heats can be graded on known performances. The Triathlon competitions and allocated County Championship events are exempt from this.

ii) The meetings are to be seen as being a development event for all age groups.

It is hoped to introduce a scoring system to produce an overall Champion for certain events, which are common to all the meetings.

iii) Events will take place for the following **age groups**:

MALE: U9 Boys (School Years 2 & 3)

FEMALE: U9 Girls (School Years 2 & 3)

U11 Boys (School Years 4 & 5)

U11 Girls (School Years 4 & 5)

U13 Boys (School Years 6 & 7)

U13 Girls (School Years 6 & 7)

U15 Boys (School Years 8 & 9)

U15 Girls (School Years 8 & 9).

U17 Men (School Years 10 & 11)

U17 Women (School Years 10 & 11)

& Junior/Senior/Vet Men

& Junior/Senior/Vet Women

U17/J/S/V will compete together where practical but appropriate weights of throwing equipment for each age group will be used, as will the appropriate height of hurdles.

U17 athletes will be allowed to compete over 300m hurdles instead of 400m hurdles, with the appropriate height of hurdles 80m may be used instead of 100m hurdles in this age group..

iv) Number of competitors - An unlimited number of competitors per club is permitted.

When there are more competitors than the number of lanes available, or safety dictates, the race will be run in graded heats with the final result determined by times.

The foregoing does not apply to allocated County Championship events nor the incorporated Triathlon competitions.

v) **Relays** In addition to club teams, guest and composite relay teams will be permitted at the discretion of the Track Referee.

vi) **Field Events**

U9, U11, U13, U15 each competitor will be allowed 3 trials

U17, Junior & Senior athlete will be allowed, at the discretion of the referee, 4 or 6 trials in throws, long jump and triple jump.

There is no restriction on the number of attempts allowed in high jump and pole vault.

In the Triathlon/Quadrathlon events each competitor will be allowed three trials in throws and long & triple jump.

4. Numbers/Declarations & Allocated Championships

i) Numbers will be issued at each meeting.

The individual athlete or club representative will collect a number from a desk at each meeting following payment of the £6 entry for each meeting.

The athlete need state only name, age group, club/school and England registration number.

ii) Track events will normally be run in the order listed on the programme,

however competitors should listen to announcements to ensure that they report to the start when required to be drawn according to ability when necessary.

Where more than one race is required in an event heats will be graded according to athlete's best performances.

Athletes competing in field events should:

- listen carefully to announcements
- timings for these events will depend on the number of athletes taking part in other field events on the programme and
- the number of field officials at each meeting.

Please note that strict safety guidelines need to be followed with the programming of these events.

Allocated county championship competitors will wear individual numbers and not the numbers issued from their club batch.

These numbers will be issued when they enter the event by reporting to the announcer's position **at least one hour before the advertised time for all championship events unless an entry time is stated on the schedule.**

5. **Throws Triathlon/Quadrathlon**

Throws Triathlon: All competitors will compete in any three throwing events from those available on the day – Shot, Discus, Javelin and Hammer

Quadrathlon: All competitors will compete in one event from each of the three following groups: track / jumps / throws plus any one other event from those available on the day.

The opening height for the High Jump shall be 1.00m with increments of 5cm until 2 or competitors are left when the increments will be by 2 cm.

- Three trials will be allowed in all throws and horizontal jumps.
- Normal UKA rules of competition will apply to high jump (& pole vault if available)
- Scoring will be by points tables.

6. **The Maximum number of events an athlete may compete in on any one day is:-**

U9, U11, U13, U15, & U17 – 4 events, one of which one must be a relay.

Where a walk is included in the total, the athlete shall be restricted to a maximum of 3 running or walking events (including any relay).

Junior - 5 events

Senior - unlimited number of events

NB an athlete taking part in a quadrathlon event is not permitted to take part in another individual event at the same meeting.

7. **Officials** permissible under UKA rules.

Each Humberside Club must provide as many officials/helpers as possible.

These officials should be declared on any required Declaration Form.

Failure to provide officials/helpers may result in action being taken by the organisers such as suspension of some events for safety reasons or the elimination of competitors from clubs providing insufficient officials.

All officials/helpers should report to the appropriate Track/Field Referee or Chief Timekeeper at least 15 minutes before the start of each meeting.

8. **Organising Body** or **Host Clubs** as determined and notified by the League Secretary, should:-

- a) arrange for First Aid cover for the meeting, if asked by the League.
- b) provide the stadium staff with an order of events at least a week prior to the meeting.
- c) provide at least 2 helpers to assist with the giving out of numbers and registration at the start of the meeting.

Safety

All clubs/schools must ensure that their athletes are aware of safety rules and regulations at athletic meetings.

Practice/warm up for field events must not take place unless the official leading the team of judges for that event is present and properly graded.

Athletes are allowed in the centre of the arena only when they have been called for competition.

The Meeting Secretary and/or Referees have the right to abandon any event if they feel that safety is an issue

- this may be due to the equipment, facilities, number and quality of officials available etc.

For safety reasons athletes must not walk across the infield at any time

No one should be inside the track at any time UNLESS they are actually taking part in an event or officiating.

