

## Eastern Young Athletes' League Timetable for 6 club League Matches

						<u>Team to judge</u>	
11.40	70mH	U13 G		11.45	U17/U15	Hammer (M + F)	1
	75mH	U15 G			U15 B	Long Jump	6
	75mH	U13 B		12.00	U13 B	Shot Put (3kg)	4
	80mH	U17 W			U13 G	High Jump	5
	80mH	U15 B			U17/U15	Polevault (M + F)	2
100mH	U17 M						
12.30	800m	U13 G		12.40	U13 B	Long Jump (scorers)	3
	800m	U15 G			U17 W	High Jump	6
	800m	U17 W		12.50	U17 M	Discus	1
	800m	U13 B			U15 G	Shot Put (3kg)	4
	800m	U15 B			13.00	U13G	Javelin
800m	U17 M						
13.20	100m	U13 G		13.20	U17 M	Long Jump	3
	100m	U15 G			U15 G	High Jump	6
	100m	U17 W		13.30	U15 B	Shot Put	4
	100m	U13 B			U17 W	Discus	1
	100m	U15 B			13.40	U13 B	Javelin
100m	U17 M						
Track officials break							
14.30	400m	U17 M		14.10	U13 G	Long Jump (scorers)	3
14.40	300m	U15 G			U13 G/B	Non-scoring Longjump	2 (2 <sup>nd</sup> pit)
	300m	U17 W		14.20	U17 W	Shot put (3kg)	6
300m	U15B		U15 G		Discus	5	
					U17 M	High Jump	1
15.00	1500m	U13 G	(1 race per age-group)	U15 B	Javelin	4	
	1500m	U15 G		15.00	U17 W	Long Jump	3
	1500m	U17 W			U13 G	Shot put	6
	1500m	U13 B			U15 G	Javelin (500g)	2
	1500m	U15 B			U15 B	Discus	5
1500m	U17 M						
15.50	200m	U13 G		15.20	U15 B	High Jump	1
	200m	U15 G		15.40	U15 G	Long Jump	4
	200m	U17 W			U17 W	Javelin (500g)	2
	200m	U13 B			U13 B	Discus	3
	200m	U15 B			U17 M	Shot Put	6
200m	U17 M						
16.40	4 x 100m	U15 G	(note event order!)	16.00	U13 B	High Jump	1
	4 x 100m	U15 B		16.15	U17 W/M	Triple Jump	5 (2 <sup>nd</sup> pit)
	4 x 100m	U13 G			U17 M	Javelin	2
	4 x 100m	U13 B			U13 G	Discus	3
	4 x 100m	U17 W					
4 x 100m	U17 M						

- A and B string in each event, with the exception of the Hammer, Polevault and relays where there will be one scoring athlete/team per age group per club.
- Non-scorers are limited to 2 per club per age-group in all field events, and 5 per club per age-group in the 100m and 200m. No limit in other track events.
- Where A & B string races are held separately team managers are expected to put the better runner in the A string. Failure to do this can lead to disqualification of both strings.
- Non-scoring races for each age-group should be run immediately following the scoring races for that age-group, and may be incorporated into the scoring races where possible.
- Where practical, 800m races for under 13's should be run as combined A/B/non-scorers if numbers are not excessive, so as to have better races.
- A maximum of two male and two female competitors from each club are permitted in the U13's non-scoring long-jump. Where a host facility does not have a 2<sup>nd</sup> long-jump pit, the separate non-scoring Long-jump event will not take place and in that case the non-scorers will jump with the appropriate scoring events and the number of athletes, or attempts, may be limited at the Field Referees discretion.
- UKA correct false start rules must be applied for each age-group. (U17 rule)

## Eastern Young Athletes' League – 6 club matches

Individual club field event allocations are:

### Team 1

11.45	Hammer	U15/U17
12.50	Discus	U17 Men
13.30	Discus	U17 Women
14.20	Highjump	U17 Men
15.20	Highjump	U15 Boys
16.00	Highjump	U13 Boys

### Team 2

12.00	Polevault	U15/U17
14.10	Longjump	U13 G&B Non scorers
15.00	Javelin	U15 Girls
15.40	Javelin	U17 Women
16.15	Javelin	U17 Men

### Team 3

12.40	Long Jump	U13 Boys scorers
13.20	Long Jump	U17 Men
14.10	Long Jump	U13 Girls scorers
15.00	Long Jump	U17 Women
15.40	Discus	U13 Boys
16.15	Discus	U13 Girls

### Team 4

12.00	Shot Put	U13 Boys
12.50	Shot Put	U15 Girls
13.30	Shot Put	U15 Boys
14.20	Javelin	U15 Boys
15.40	Long Jump	U15 Girls

### Team 5

12.00	Highjump	U13 Girls
13.00	Javelin	U13 Girls
13.40	Javelin	U13 Boys
14.20	Discus	U15 Girls
15.00	Discus	U15 Boys
16.15	Triple Jump	U17 Men/Women

### Team 6

11.45	Long Jump	U15 Boys
12.40	Highjump	U17 Women
13.20	Highjump	U15 Girls
14.20	Shot Put	U17 Women
15.00	Shot Put	U13 Girls
15.40	Shot Put	U17 Men

At least two members of each clubs field team must be qualified Officials of whom at least one should be at least level 2 if judging long throws (Visiting clubs should notify the host club in advance if this presents a problem. If the host club is unable to find a suitable official to lead that field team, the Referee could decide that the event(s) cannot take place.

All clubs to provide one track judge & one timekeeper to report to the referee/chief 30 mins before the first track event (ie. 11.20). 5 points each are awarded for a timekeeper, track judge, and two qualified field officials – total 20 points.

Warm-ups should start well before the scheduled event time, if the area is clear, so that the event can start on time or as soon as possible after the scheduled time. The Pole vault must start on time, with a target to complete it as soon as possible . The warm-ups for both Hammer and Polevault should start at 11.20 and for U15B Longjump at 11.30.

On tracks where the javelin runway crosses the pole vault runway it may be necessary for the under 13's javelin to be started carefully whilst the Polevault is still in progress. It is important to get the javelin events started on schedule.

Pole vault height progression

(note – no lower heights to be offered)

U17 Men	1.90, 2.10, 2.30, then in 10's
U15 Boys	1.70, 1.90, 2.10, then in 10's
U17 Women	1.70, 1.90, 2.10 then in 10's
U15 Girls	1.50, 1.70, 1.90 then in 10's

High jump progressions

(note – no lower heights to be offered)

U17 Men	1.25 then in 5's
U15 Boys	1.20 then in 5's
U13 Boys	1.05 then in 5's
U17 Women	1.15 then in 5's
U15 Girls	1.10 then in 5's
U13 Girls	1.00 then in 5's