

Heart of England Athletics League



TRACK & FIELD AREA COMPETITION 2021

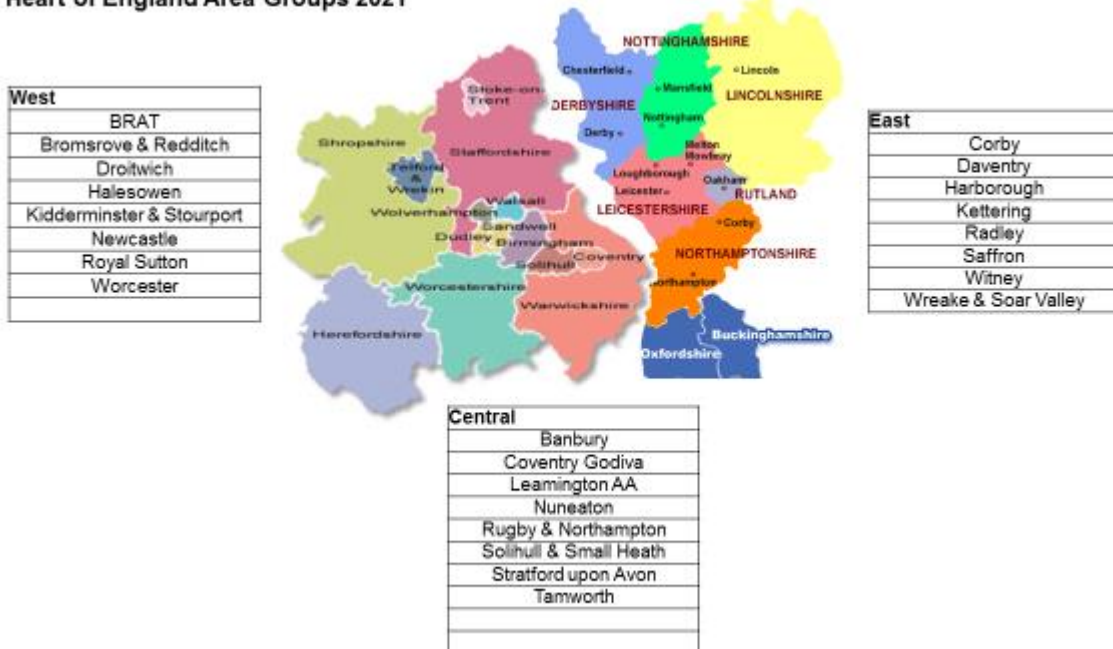
Generally to British Athletics rule book unless otherwise stated in the league rules

Coronavirus :- The competitions are to be run in accordance with the prevailing England Athletics "Return to Competition" Guidelines.

COMPETITION STRUCTURE

- 2 competitions to be run in 2021 in lieu of the normal league matches on :
3 July
29 August
- The 28 clubs competing in the Heart of England are to be regionalised in to area groups for 2021 only.

Heart of England Area Groups 2021



COMPETITORS

- Shall be first claim members of competing clubs.

AFFILIATION FEES

- Normal affiliation fees apply
- Payment must be made by 1st June (some club's fees are carried over from 2020).
- Cheques should be made payable to 'Heart of England League' or by BACS.

COMPOSITION OF TEAMS

- There shall be a Male and Female section and age groups will be in line with the UKA rules.
- Both Female and Male teams will consist of 3 age groups - **Under 11, 13 & 15.**
- There won't be Athlete of the Match or Best Performance awards.
- Under 11s should be 9 or 10 on 31st August within the competition year i.e. 1st October to 30th September.
- All three age groups of Male and Females **will** score in the competition.
- Smaller clubs are allowed to join with another club for both competitions, but must declare this prior to a competition.

MATCH RESULTS

- The central match coordinator will provide to each club computerised declaration sheets.
- Match organisers must send each club & the central competition coordinator (Martin Smith) a fully checked set of results within 5 days of the fixture.
- Results of each event must be displayed by the promoting club on the day of the competition.

TEAM COMPOSITION

- Two competitors per event per age group,
- A competitor may not compete in two age groups on the same day.
- Team Managers should use their best endeavours to grade athletes correctly as A or B.
- Team Managers should also ensure that all athletes, particularly in the throwing events and hurdles should be competent in the respective events and to have been taught the basic techniques prior to the competition.
- Safety : If the officials consider that an athlete didn't have the required skill or knowledge to throw an implement competently and safely for themselves, other competitors, officials etc (i.e. "just throwing for the points") the team manager would be informed and the athlete could be withdrawn from the competition.

Moving up an age Group

- There should be no movement between age groups, but in exceptional circumstances, athletes are allowed to move up 1 age group for the respective full competition i.e. an athlete can compete in an older age group if the team manager or an athletes coach considered it appropriate and to the benefit of the athlete not the club ("just competing for the points"). However, the athlete must compete in any other events in that same age group throughout that meeting. They can revert back to their own age group in a subsequent competition.

Number of events allowed by each competitor.

- **Irrespective of age**, each competitor may only compete in **4 events** in a single match, one of which must be a relay

Guests

- Guests may not compete, however, one non scoring guest per club per age group/gender is allowed for 800m and 1500m races only subject to the Track Referee's discretion and approval.
- If there are too many guests the Track Referee will use their discretion to ensure the programme is adhered to, which could mean guests may not be included in the race.
 - **Note:** *Clubs need to make sure that competitors, Team Managers (and parents) are aware that there is a risk of the Track Referee not allowing guests to save any misunderstandings on the day.*
- Guest competitor's names must be submitted at the same time as the team declaration sheets.
- Guests will be identified by wearing a number not letter.

Throws

- For safety and timing reasons long throws will alternate i.e. first Javelin and match 2 Discus.
- **NOTE:** *If cages do not comply with the latest regulations the Host has the autonomy to swap to Javelin for Match 2 but must make that clear to the other competing teams 10 days before the competition.*

Hurdles

- Heights and distances for the respective age groups will be in line with British Athletics rules.

SCORING

- A total points system i.e. combining the points for both Female and Male U11, 13 & 15 will determine the overall winners of a competition.
- The points will start with the number of teams in the area group.
Example, If 9 teams : 9- 8-7-6-5-4-3-2-1 For both A & B strings.
If 8 teams : 8-7-6-5-4-3-2-1 For both A & B strings.
If 7 teams : 7-6-5-4-3-2-1 For both A & B strings.
Etc

The combined points scored in both matches will determine the area winners.

OFFICIALS

1. The host club will provide the Starter, Marksman, Track Referee, Chief Timekeeper, Field Referee, Announcer & a recording team and shall ensure that any officials appointed by them are suitably qualified, hold a current officials pass and a current certificate issued by the Disclosure and Barring Service (DBS).
2. The above officials qualify for match points.
3. The chiefs appointed by the host club and all other officials used by any club, must 'sign in' using the Health and Safety Attendance Forms indicating their grade (level) and registration number. These forms will be supplied to the discipline chiefs appointed by the host club.
4. The host club will nominate someone to be responsible for ensuring that all equipment required is available for use on the day and that hurdles are adjustable and moved into place in a timely manner to allow the events to progress according to the timetable
5. Each club, including the host club, shall provide one qualified or competent Track Judge and one Timekeeper.
6. Each club, including the host club shall provide a team of Field officials with a minimum of 4 field officials for the long throws i.e. javelin and discus jumps and for the jumps and shot a minimum of 3.
7. **At least one of the Field official's team must be graded at Level 2 or above with Health and Safety certification** and the others must be competent. Ideally all officials should be qualified but this is not a requirement.
8. 2 points are awarded for providing officials. i.e. Timekeeper, Track Judge and 3 Field Judges. This is a maximum of 10 points irrespective of whether the club provide more officials.
9. A club can gain 4 extra points if one or more officials are graded 2 or above. This gives a maximum of 14 points per club. The 14 points are applied to the 6 age groups i.e. U13M,U13F,U15M,U15F,U17M,U17F. Each club can get up to 84 points in total i.e. $14 \times 6 = 84$.
10. Points aren't being withheld as long as there are the requisite number of competent people as previously detailed in 6 & 7 above officiating.
11. **If a club cannot fulfil all or part of their allocated officiating obligations they must inform the organising club 5 working days before the event to give them the opportunity to perhaps juggle the resources to ensure the events conform to the required safety measures.** If a club fails to inform the club in that timescale they will automatically lose their points for the respective discipline.
12. All officials must report to their Chief Officials and must also sign the Health and Safety Attendance Certification indicating their grade (level) and registration number if applicable
13. All officials must sign in before the match starts. Failure of all individuals to sign in will automatically result in the respective officials points not being awarded.
14. Just a signature cannot be accepted as being proof of being present at the discipline at the required time and the final decision on this matter will be taken by the Chief official for each discipline on the day.
15. Host clubs are responsible for scrutinising the Health and Safety Attendance Forms and checking with the Chief Officials prior to awarding the appropriate number of points to each club for the officials provided.

NOTE : INSUFFICIENT QUALIFIED AND SUPPORT OFFICIALS MEANS NO COMPETITION!

MEETING ORGANISATION

Track

- The timetable as published must be followed.
- In the 1500m A and B competitors will run together and the first athlete to finish will be the A runner.
- In all other races the A & B will be as declared, however, Team Managers must endeavour to grade athletes correctly as A or B.
- Hurdles races will be over standard distances & heights.

Field

- In the Discus, Javelin and Shot there will be 3 trials.
- In the Long Jump there will be 3 trials.
- The Athlete achieving the better performance for his/her club i.e. A or B will automatically become the A string.

- In the High Jump the starting heights will be as follows:

| High Jump | | | | | |
|------------------|--------|-------|-----|------|-------|
| Opening Heights | | | | | |
| U13 | Female | 1.00m | U13 | Male | 1.10m |
| U15 | Female | 1.10m | U15 | Male | 1.20m |

- For the second height onwards, the bar is to be raised at 5cm intervals.
- The winning competitor is entitled to continue jumping in height increments of their choosing.

NUMBERS AND PINS

- Clubs will provide their own letters.**
- Two letters will be worn by all competitors except the High Jump, where one on the front of the vest is permitted.
- Club numbers will be a single letter for the A and a double for the B nominated competitors.

| West | | | Central | | | East | | |
|---------------------------|---|--|------------------------|---|--|--------------------|---|--|
| BRAT | S | | Banbury | J | | Corby | O | |
| Bromsrove & Redditch | C | | Coventry Godiva | S | | Daventry | L | |
| Droitwich | E | | Leamington AA | L | | Harborough | T | |
| Halesowen | H | | Nuneaton | N | | Kettering | I | |
| Kidderminster & Stourport | U | | Rugby & Northampton | R | | Radley | A | |
| Newcastle | Z | | Solihull & Small Heath | M | | Saffron | Q | |
| Royal Sutton | G | | Stratford upon Avon | D | | Witney | W | |
| Worcester | Y | | Tamworth | F | | Wreake&Soar Valley | X | |
| | Y | | | | | | | |

| Date | Host |
|--------|---------------------------|
| 03-Jul | Kidderminster & Stourport |
| 29-Aug | Royal Sutton TBA |

| Host |
|----------|
| Banbury |
| Nuneaton |

| Host |
|-----------|
| Corby |
| Kettering |

TEAM DECLARATIONS

- The League's scoring coordinator will provide to each club computerised declaration sheets.
- Every club shall complete the forms and e mail them to the meeting Organiser a minimum of 36 hours before the start of the meeting.**
- Any alterations to be notified to the recorder on the official event competitor change sheets before the start of the event by the official Team Manager only.

Revision 2 16/6/2021

Heart of England League Programme

Revised for 2021

Rev 1

Track Events

| Event No | New Time | Event | Age |
|----------|----------|----------------|-----------------|
| 1 | 11.30 | 1500m | U13 Female A&B |
| 2 | 11.40 | 1500m | U15 Female A&B |
| 3 | 11.50 | 70m hurdles | U13 Female A |
| 4 | 11.55 | 70m hurdles | U13 Female B |
| 5 | 12.05 | 800m | U13 Male A&B |
| 6 | 12.15 | 75m hurdles | U15 Female A |
| 7 | 12.20 | 75m hurdles | U15 Female B |
| 8 | 12.30 | 75m hurdles | U13 Male A |
| 9 | 12.35 | 75m hurdles | U13 Male B |
| 10 | 12.45 | 800m | U15 Male A&B |
| 11 | 12.55 | 80m hurdles | U15 Male A |
| 12 | 1.00 | 80m hurdles | U15 Male B |
| 13 | 1.05 | 800m | U13 Female A&B |
| 14 | 1.15 | 800m | U15 Female A&B |
| 15 | 1.25 | 600m | U11 Female A&B |
| 16 | 1.35 | 600m | U11 Male A&B |
| 17 | 1.45 | 100m | U13 Female A&B |
| 18 | 1.50 | 100m | U15 Female A&B |
| 19 | 2.00 | 100m | U13 Male A&B |
| 20 | 2.10 | 100m | U15 Male A&B |
| 21 | 2.20 | 300m | U15 Female A |
| 22 | 2.25 | 300m | U15 Female B |
| 23 | 2.30 | 300m | U15 Male A |
| 24 | 2.35 | 300m | U15 Male B |
| 25 | 2.45 | 75m | U11 Female A |
| 26 | 2.50 | 75m | U11 Female B |
| 27 | 2.55 | 75m | U11 Male A |
| 28 | 3.00 | 75m | U11 Male B |
| 29 | 3.10 | 200m | U13 Female A&B |
| 30 | 3.20 | 200m | U15 Female A&B |
| 31 | 3.30 | 200m | U13 Male A&B |
| 32 | 3.40 | 200m | U15 Male A&B |
| 33 | 3.50 | 1500m | U13 Male A&B |
| 34 | 4.00 | 1500m | U15 Male A&B |
| 35 | 4.20 | 4 x 100m Mixed | U11 Female/Male |
| 36 | 4.30 | 4 x 100m | U13 Female |
| 37 | 4.50 | 4 x 100m | U15 Female |
| 38 | 4.55 | 4 x 100m | U13 Male |
| 39 | 5.00 | 4 x 100m | U15 Male |

Field Events

| | | | | |
|----|-------|------------|-----------|---------|
| 1 | 11.45 | U13 Male | High Jump | |
| 2 | 11.45 | U11 Female | Howler | |
| 3 | 12.30 | U15 Female | Discus | Match 2 |
| 4 | 12.30 | U11 Male | Long Jump | Pit 1 |
| 5 | 12.45 | U13 Male | Javelin | Match 1 |
| 6 | 1.00 | U15 Female | High Jump | |
| 7 | 1.00 | U15 Female | Long Jump | Pit 2 |
| 8 | 1.00 | U15 Male | Shot | |
| 9 | 1.45 | U11 Male | Howler | |
| 10 | 1.45 | U15 Male | Javelin | Match 1 |
| 11 | 1.45 | U13 Female | Long Jump | Pit 1 |
| 12 | 1.50 | U13 Female | Discus | Match 2 |
| 13 | 2.00 | U13 Male | Shot | |
| 14 | 2.30 | U11 Female | Long Jump | Pit 2 |
| 15 | 2.45 | U15 Female | Javelin | Match 1 |
| 16 | 2.45 | U15 Male | Long Jump | Pit 1 |
| 17 | 2.50 | U13 Female | High Jump | |
| 18 | 3.00 | U13 Female | Shot | |
| 19 | 3.20 | U15 Male | Discus | Match 2 |
| 20 | 3.30 | U13 Male | Long Jump | Pit 2 |
| 21 | 3.40 | U15 Male | High Jump | |
| 22 | 3.45 | U13 Female | Javelin | Match 1 |
| 23 | 4.00 | U15 Female | Shot | |
| 24 | 4.00 | U13 Male | Discus | Match 2 |
| 24 | 4.00 | U13 Male | Discus | Match 1 |

| | No of Trials | | |
|------------------|--------------|--------|--|
| Long Jump | 3 | 2 Pits | |
| Discus | 3 | | |
| Shot | 3 | | |
| Javelin | 3 | | |
| | | | |

| High Jump | Opening Heights | | |
|------------------|-----------------|-------|--|
| | Female | Male | |
| U13 | 1.00m | 1.10m | |
| U15 | 1.10m | 1.20m | |
| U17 | 1.20m | 1.30m | |