

McCain Young Athletes League - Team Declaration

DIVISION	NUMBER(s)	CLUB	DATE	
<u>U13 BOYS</u> STANDARD PROGRAMME TIME ==>>>>	1		11.30	HAMMER
	2		12.00	200m
	3		12.40	800m
	4		13.00	SHOT
	5		13.45	75mHdl
	6		14.15	LONG Jp
	7		15.00	100m
	8		15.35	1500m
	9		16.10	4 x 100m
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<u>U15 BOYS</u> STANDARD PROGRAMME TIME ==>>>>	1		11.30	HAMMER
2			12.00	200m
3			12.40	800m
4			12.45	DISCUS
5			13.00	LONG J
6			13.00	POLE Vlt
7			14.15	80mHdis
8			14.15	SHOT
9			14.45	400m
10			15.00	HIGH Jp
11			15.00	100m
12			15.35	1500m
13			15.45	JAVELIN
14			16.10	4 x 100m
15			16.55	4 x 400m
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UNDER 13 AND UNDER 15 ATHLETES CAN ONLY COMPETE IN EITHER THE 800 OR THE 1500, NOT BOTH.
 ALL AGE GROUP ATHLETES ARE ALLOWED A MAXIMUM OF 4 EVENTS BUT THIS MUST INCLUDE AT LEAST ONE RELAY.
 PLEASE READ THE ADDITIONAL NOTES ON THE U17 PAGE.

McCain Young Athletes League - Team Declaration

DIVISION	NUMBER(S)	CLUB	DATE	
U17 MEN STANDARD PROGRAMME TIME ==>>>>>>	HAMMER	11.30	16.55	
	400mHds	11.45	16.10	
	200m	12.00	16.40	
	800m	12.40	15.45	
	DISCUS	12.45	15.45	
	LONG Jp	13.00	15.45	
	POLE Vt	13.00	15.45	
	3000m	13.30	15.45	
	SHOT	14.15	15.45	
	100mHds	14.40	15.45	
	400m	14.45	15.45	
	HIGH Jp	15.00	15.45	
	100m	15.00	15.45	
	1500m	15.35	15.45	
	TRIPLE J	15.45	15.45	
	JAVELIN	15.45	15.45	
	1.5kS/ch	16.40	15.45	
	4x 100m	16.10	15.45	
	4 x 400m	16.55	15.45	
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HAND IN FORM 15 MINS BEFORE FIRST EVENT

PLEASE ENSURE THAT YOU HAVE THE FOLLOWING OFFICIALS SIGNED IN AND WORKING:
 4 and 5 club matches: Promoting clubs - Track Referee, Field Referee, Chief Timekeeper (all qualified), Starters assistant, Announcer(s), Recorder(s), PLUS 1 timekeeper, 1 track judge, 1 qualified field judge and 4 other field judges.
 VISITING CLUBS: 2 Track Judges, 2 Timekeepers, 2 qualified field judges and 4 other field judges.

FOR 6,7 OR 8 CLUB MATCHES: HOST CLUBS Track Referee, Field Referee, Chief Timekeeper (all qualified), Starters assistant, Announcer(s), Recorder(s), PLUS 1 qualified field judge and 2 other field judges.
 VISITING CLUBS: 1 Track Judge, 1 Timekeeper, 1 Qualified Field Judge AND 2 other field judges.

PLEASE REMEMBER THE FOLLOWING RULES:
 Athletes MUST compete in their OWN AGE GROUP in all YAL matches.
 NO audio equipment in the competition area at any time.
 NO GUEST COMPETITORS allowed in any event.
 NON-SCORING EVENTS are not to be added to the league programme

EVENT DECLARATIONS CAN BE CHANGED AT ANY TIME UP TO THE START OF THE EVENT. SHOULD ANY EVENT BE CANCELLED AFTER ARRIVAL AT THE VENUE THEN NAMES CANNOT THEN BE ADDED TO THAT EVENT BUT THEY MAY BE REMOVED FROM THAT EVENT TO ALLOW THE ATHLETE TO BE USED ELSEWHERE. POINTS FOR THE EVENT WILL BE SHARED BETWEEN THE REMAINING DECLARED NAMES IN THE CANCELLED EVENT AND THE EVENT COUNTED AS ONE OF THE ATHLETES 4 EVENTS.

UNLESS OFFICIALS ARE SIGNED IN AND SEEN TO BE WORKING, THE REFEREE MAY DECIDE THAT POINTS WILL NOT BE AWARDED.

TO ENTER AN ATHLETE IN ANY EVENT YOU NEED TO WRITE THE ATHLETES NAME DOWN ONCE ONLY. MARK THE APPROPRIATE EVENT COLUMN IN LINE WITH THE NAME TO INDICATE "A" OR "B" COUNTER. YOU CAN SHOW AS A OR B OR USING YOUR TEAMS "A" OR "B" NUMBER. YOU SHOULD ONLY HAVE 2 ATHLETES SHOWN IN ANY EVENT COLUMN. FOR RELAYS INDICATE RUNNING ORDER 1,2,3 OR 4