

Eastern Young Athletes' League Timetable 2011 for League Matches

			<u>Team to judge</u>				
11.50	70mH	U13 G	11.45	U17/U15	Hammer (M + F)	1	
	75mH	U15 G		U13 B	Shot Putt	4	
	75mH	U13 B		U15 B	Long Jump	6	
	80mH	U17 W					
	80mH	U15 B		12.00	U13 G	High Jump	5
	100mH	U17 M			U17/U15	Polevault (M + F)	2
12.40	800m	U13 G	12.35	U13 B	Long Jump	3	
	800m	U15 G	12.40	U17 W	High Jump	5	
	800m	U17 W					
	800m	U13 B	12.50	U17 M	Discus	1	
	800m	U15 B		U15 G	Shot Putt	4	
	800m	U17 M					
13.30	100m	U13 G	13.20	U17 M	Long Jump	3	
	100m	U15 G		U15 G	High Jump	5	
	100m	U17 W	13.30	U15 B	Shot Putt	6	
	100m	U13 B		U17 W	Discus	1	
	100m	U15 B					
	100 m	U17 M					
Track officials break			14.20	U13 G	Long Jump	4	
				U17 W	Shot putt	6	
				U15 G	Discus	5	
14.30	400m	U15 B		U17 M	High Jump	1	
	400m	U17 M		U15 B	Javclin	3	
14.45	300m	U15 G					
	300m	U17 W					
15.00	1500m	U13 G	15.00	U17 W	Long Jump	4	
	1500m	U15 G		U13 G	Shot putt	6	
	1500m	U17 W		U15 G	Javelin	2	
	1500m	U13 B	U15 B	Discus	5		
	1500m	U15 B	15.20	U15 B	High Jump	1	
	1500m	U17 M					
15.50	200m	U13 G	15.40	U15 G	Long Jump	4	
	200m	U15 G		U17 W	Javelin	2	
	200m	U17 W		U13 B	Discus	3	
	200m	U13 B	U17 M	Shot Putt	6		
	200m	U15 B	16.00	U13 B	High Jump	1	
	200m	U17 M					
16.40	4 x 100m	U15 G	16.15	U17 W/M	Triple Jump	4 & 5 together	
	4 x 100m	U15 B		U17 M	Javelin	2	
	4 x 100m	U13 G		U13 G	Discus	3	
	4 x 100m	U13 B					
	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 in Hammer or Pole-vault are at the Field Referees discretion.
- Where A & B string races are held separately team managers arc 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.

Eastern Young Athletes' League 2011

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
15.00	Javelin	U15 Girls
15.40	Javelin	U17 Women
16.15	Javelin	U17 Men

Team 3

12.35	Long Jump	U13 Boys
13.20	Long Jump	U17 Men
14.20	Javelin	U15 Boys
15.40	Discus	U13 Boys
16.15	Discus	U15 Girls

Team 4

11.45	Shot Putt	U13 Boys
12.50	Shot Putt	U15 Girls
14.20	Long Jump	U13 Girls
15.00	Long Jump	U17 Women
15.40	Long Jump	U15 Girls
16.15	Triplejump	U17 Men/Women
(Triple Jump together with team No 5)		

Team 5

12.00	Highjump	U13 Girls
12.40	Highjump	U17 Women
13.20	Highjump	U15 Girls
14.20	Discus	U15 Girls
15.00	Discus	U15 Boys
16.15	Triple Jump	U17 Men/Women
(Triple Jump together with team No 4)		

Team 6

11.45	Long Jump	U15 Boys
13.30	Shot Putt	U15 Boys
14.20	Shot Putt	U17 Women
15.00	Shot Putt	U13 Girls
15.40	Shot Putt	U17 Men

At least one member of each field team must be a qualified Official of at least level 2 (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.

If there is a Team 7 they should provide 3 field officials/helpers, who are to report to the host club, 30 mins before the first event.

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).

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 by 14.00 (on some tracks this is essential in order to be able to run javelin).

The warm-ups for both Hammer and Polevault should start at 11.20 and for U15B Longjump at 11.30.

Lane/competition order draw for all matches – both A and B strings using the same team number allocation as field duties from the fixture list, is as follows:

Hurdles, Shot, Longjump, Relay	5-1-3-7-2-4-6
100m, 800m, Discus	7-2-4-6-5-3-1
200m, 1500m, Javelin, Polevault	2-6-5-3-1-7-4
300/400m, Highjump, Triplejump, Hammer	3-7-1-4-6-2-5

If there is no Team 7, close up the track lane draw accordingly.

Pole vault height progression
(note – no lower heights to be offered)

U17 Men	2.10, 2.30, 2.50 then in 10's
U15 Boys	1.90, 2.10, 2.30 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