



# PETROFAC ATHLETICS LEAGUE

**Covering Northern & Eastern areas of Scotland**

## **2013 Programme**



**Petrofac proudly supports the 'Grampian Athletics League'**

**[www.grampianathleticsleague.synthasite.com](http://www.grampianathleticsleague.synthasite.com)**

To find out more about **Petrofac**, visit their website at:

**[www.petrofac.com](http://www.petrofac.com)**



Petrofac Athletics league 2013

2013 SEASON

OFFICE BEARERS

President	Ailene Cameron	Nairn AAC
League Secretary & Treasurer	Anne & Winston Webber, DD11 2LZ	54 Kinghorne St., Arbroath, Angus Tel- 01241 874438 <a href="mailto:anne-webber@hotmail.co.uk">anne-webber@hotmail.co.uk</a>
East Section Secretary	Andy Dobbie, AB42 2FX	18 Ashgrove Place, Peterhead, Aberdeenshire. Tel- 01779 481116 <a href="mailto:andy.dobbie@btopenworld.com">andy.dobbie@btopenworld.com</a>
North Section Secretary	Steve Murdoch, IV30 3FL	21 Brechan Rig, Elgin Moray Tel- 01343 552607 <a href="mailto:stephen.murdoch100@btinternet.com">stephen.murdoch100@btinternet.com</a>
League Records Secretary	Linda Dobbie, AB42 2FX	18 Ashgrove Place, Peterhead, Aberdeenshire. Tel- 01779 481116 <a href="mailto:linda.dobbie@btopenworld.com">linda.dobbie@btopenworld.com</a>

COMPETING CLUBS

<u>East Section</u>	<u>Colours</u>	<u>Team No's</u>
Aberdeen AAC	(AAAC) White with 2 red hoops	1 & 2
Arbroath & Dist. AC	(ADAC) Black with left hand vertical yellow stripe	3 & 4
Banchory Stonehaven AC	(BSAC) Royal blue with horizontal white band	5 & 6
Dundee Hawkhill Harriers	(DHH) Royal blue and white quarters	7 & 8
Ellon AAC	(ELLON) Black/red diagonal halves with gold stripe	9 & 10
Montrose & Dist. AC	(MDAC) White with 1 red & 1 black hoop	11 & 12
Perth Strathhtay Harriers	(PSH) Orange with Blue trim	13 & 14
Fife AC	(FAC) White with a 'Broad' red hoop	15 & 16
 <u>North Section</u>		
Caithness AAC	(CAAC) White with blue diagonal stripe	21 & 22
Elgin AAC	(ELGIN) Black with horizontal white band	23 & 24
Forres Harriers	(FH) Red	25 & 26
Inverness Harriers	(IH) Gold with maroon diagonal stripe	27 & 28
Moray Roadrunners	(MRR) Dayglow yellow with black trim	31 & 32
Nairn AAC	(NAAC) Orange	33 & 34
Ross County AC	(RCAC) Black with red diagonal stripe	35 & 36
East Sutherland	(ES) White vest/ Purple & Turquoise Vert. Stripes	37 & 38

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The meetings of the league will be conducted under UKA Rules. Scottish Athletics permits have been granted. All participating athletes must be registered with the Scottish Athletics membership scheme. Numbers **will** be worn for all events. (*Rules & Regulations No 4*)

**Declaration sheets must be submitted no later than 30 minutes before the start of the actual meeting. Adjustments will be permitted throughout the day, but please ensure that you notify the officials concerned before the actual start of the event as the paperwork will have to be adjusted.**

**Finally please remember, safety is of paramount importance.**



## Welcome to the Petrofac Athletics League 2013

Welcome, everyone, to the 2013 season of the Athletics League.

This will be the seventh consecutive season that Petrofac has sponsored the League and we are looking forward once again to being involved in something that, for us, combines the very best of what sport has to offer - both elite competition, and widespread participation.

It will be fascinating to see how many new faces are involved this year after the events of the great Olympic summer of 2012 that inspired so many of us to take to the track or field for the first time.

And of course, the 2014 Commonwealth Games will be coming to Glasgow next year. It's not beyond the realms of possibility that outstanding club performances from young athletes this year could translate into Commonwealth glory in just over a year's time - which will bring an added edge to the competition.

But whatever your aspirations and motivation for taking part, we wish you the best of luck and hope you enjoy the competition. It promises to be another exciting season.

**Eleanor Bentley**  
**Vice President, Finance**  
**Petrofac Offshore Projects & Operations**

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### **DATES AND VENUES FOR 2013 MEETINGS**

<u><b>Date</b></u>	<u><b>Meeting</b></u>	<u><b>Venue</b></u>	<u><b>Convening Club(s)</b></u>
14 <sup>th</sup> April	1	QP Inverness	FH & NAAC
14 <sup>th</sup> April	1	GDA Perth	PSH & FAC.
28 <sup>th</sup> April	2	QP Inverness	EAAC & MRR
12 <sup>th</sup> May	2	CP Dundee	DHH
30 <sup>th</sup> June	3	QP Inverness	EAAC & MRR
30 <sup>th</sup> June	3	ASV Aberdeen	BSAC & ELLON
4 <sup>th</sup> August	4	QP Inverness	IH & RCAC
4 <sup>th</sup> August	4	CP Dundee	ADAC & MDAC
1 <sup>st</sup> September	Final	ASV Aberdeen	AAAC



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Although the records are not included in the actual programme this year, they are available on the web site. They will be updated after each meeting (*where possible*) and available for printing for so that records can be checked and verified if broken.

**2012 LEAGUE & TROPHY WINNERS**

**LEAGUE TROPHIES**

MEN: (East) ABERDEEN A.A.C 1451.5pts (North) INVERNESS HARRIERS 1197pts  
WOMEN: (East) ABERDEEN A.A.C 1281pts (North) INVERNESS HARRIERS 1008pts

**2012 AGE GROUP WINNERS AT FINAL:**

SEN. MEN:	1 – Arbroath & DAC	76 points
	2 – Ross County AC	65 points
U-18 MEN:	1 – Aberdeen AAC	58 points
	2 – Inverness H	56 points
U-16 BOYS:	1 – Aberdeen AAC	74 points
	2 – Inverness H	64 points
U-14 BOYS:	1 – Ban. & Stone. AC	72 points
	2 – Aberdeen AAC	65.5 points
U-12 BOYS:	1 – Aberdeen AAC	64 points
	2 – Inverness H	55 points
U-10 BOYS	1 – Moray RR	50 points
	2 – Inverness H	49 points
SEN. WOMEN:	1 – Inverness Harriers	78 points
	2 – Dundee HH	64 points
U-18 WOMEN:	1 – Inverness Harriers	73 points
	1 – Ellon AAC	72 points
U- 16 GIRLS:	1 – Aberdeen AAC	77 points
	2 – Ban. & Stone. AC	66 points
U- 14 GIRLS:	1 – Ban. & Stone. AC	58 points
	2 – Inverness Harriers	50 points
U- 12 GIRLS:	1 – Ban. & Stone. AC	58 points
	2 – Ban. & Stone. AC	57 points
U- 10 Girls	1 – Inverness H	63 points
	2 – Ban. & Stone. AC	53 points

**2012 BEST PERFORMANCE AWARDS AT THE FINAL:**

Female (Track)	Alisha Reece	BASC u14 Girls	200m	(26.78s)
(Field)	Olivia James	AAAC u12 Girls	Javelin	(26.78m)
Male (Track)	Ben Greenwood	PSH u16 Boys	1500m	(4:11.6) & 400m (52.62s)
(Field)	George Evans	IH u16 Boys	Shot P	(14.35m)



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## Meeting 1

**Date & Venues :- 14<sup>th</sup> April at GDA Perth & QP Inverness**

TRACK			FIELD		
12 : 00	400m Hurdles	Men	12 : 00	Discus	Under 14 Boys
	400m Hurdles	Under 18 Men		Shot Putt	Under 18 / Sen Men
	400m Hurdles	Women		Triple Jump	Under 18 / Sen W
	300m Hurdles	Under 18 Women		High Jump	Under 14 Girls
12 : 30 pm	3000m	Under 18W & Women			
	3000m	Under 18M & Men			
12 : 50 pm	80m	Under 10 Girls	1 : 00 pm	Javelin	Under 12 Girls
	80m	Under 10 Boys		Shot Putt	Under 10 Boys
	80m	Under 12 Girls		Long Jump	Under 10 Girls
	80m	Under 12 Boys		High Jump	Under 16 Girls
	100m	Under 14 Girls			
	100m	Under 14 Boys			
	100m	Under 16 Girls	2 : 00 pm	Discus	Under 16 Boys
	100m	Under 16 Boys		Triple Jump	U 18 / Sen Men
	100m	Under 18 Women		Shot Putt	Under 10 Girls
	100m	Under 18 Men		High Jump	Under 14 Boys
	100m	Women			
	100m	Men			
2 : 00 pm	600m	Under 10 Girls	3 : 00 pm	Long Jump	Under 10 Boys
	600m	Under 10 Boys		Long Jump	Under 12 Boys
	600m	Under 12 Girls		Javelin	Under 16 Girls
	600m	Under 12 Boys		Shot Putt	Under 18 / Sen W
	1200m	Under 14 Girls		** 2 Pits Req	
	1500m	Under 14 Boys	4 : 00 pm	Long Jump	Under 16 Boys
	1500m	Under 16 Girls		Javelin*	Under 14 Girls
	1500m	Under 16 Boys		Javelin*	Under 12 Boys
2 :50 pm	200m	Under 14 Girls		High Jump	Under 12 Girls
	200m	Under 14 Boys		** Combined	(same weight)
	200m	Under 16 Girls			
	300m	Under 18 Women			
	400m	Under 16 Boys			
	400m	Under 18 Men			
	400m	Women			
	400m	Men			
4 : 00 pm	4 x 100m	Under 10 Girls			
	4 x 100m	Under 10 Boys			
	4 x 200m	Under 12 Girls			
	4 x 200m	Under 12 Boys			
	4 x 200m	Under 14 Girls			
	4 x 200m	Under 14 Boys			
	4 x 200m	Under 16 Girls			
	4 x 200m	Under 16 Boys			
	4 x 200m	Under 18 Women			
	4 x 200m	Under 18 Men			
	4 x 200m	Women			
	4 x 200m	Men			



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## Meeting 2

**Dates & Venues :- 28<sup>th</sup> April at QP Inverness & 12<sup>th</sup> May at CP Dundee**

TRACK			FIELD		
<b>12 : 00</b>			<b>12: 00</b>	Hammer	U18 *A*/ S W *A*
	75m Hurdles	Under 14 Girls		Long Jump	Under 14 Boys
	80m Hurdles	Under 16 Girls		Shot Putt	Under 12 Boys
	80m Hurdles	Under 14 Boys		High Jump	Under 16 Boys
	100m Hurdles	Under 18 Women			
	100m Hurdles	Under 16 Boys			
	100m Hurdles	Women	<b>1 : 00 pm</b>	Discus	Under 14 Girls
	110m Hurdles	Under 18 Men		High Jump	Under 18 / Sen M
	110m Hurdles	Men		Long Jump	Under 12 Girls
				Shot Putt	Under 10 Girls
<b>1 : 15 pm</b>	600m	Under 10Girls			
	600m	Under 10 Boys			
	600m	Under 12 Girls	<b>2 : 00 pm</b>	Long Jump	Under 14 Girls
	600m	Under 12 Boys		Discus	Under 16 Girls
	800m	Under 14 Girls		Shot Putt	Under 10 Boys
	800m	Under 14 Boys		High Jump	Under 12 Boys
	800m	Under 16 Girls			
	800m	Under 16 Boys			
	800m	Under 18 Women	<b>3 : 00 pm</b>	Hammer	U18*A*/Sen M *A*
	800m	Women		Shot Putt	Under 16 Boys
	800m	Under 18 Men		Long Jump	Under 16 Girls
	800m	Men		High Jump	Under 18 / Sen W
<b>3 : 00 pm</b>	150m	Under 10 Girls			
	150m	Under 10 Boys			
	150m	Under 12 Girls			
	150m	Under 12 Boys			
	200m	Under 14 Girls	<b>4 : 00 pm</b>	Long Jump	Under 10 Boys
	200m	Under 14 Boys		Long Jump	Under 10 Girls
	200m	Under 16 Girls		Shot Putt	Under 14 Boys
	200m	Under 16 Boys		Discus	Under 12 Girls
	200m	Under 18 Women			
	200m	Under 18 Men		** 2 Pits Req	
	200m	Women			
	200m	Men			
<b>4 : 00 pm</b>	4 x 100m	Under 10 Girls			
	4 x 100m	Under 10 Boys			
	4 x 200m	Under 12 Girls			
	4 x 200m	Under 12 Boys			
	4 x 200m	Under 14 Girls			
	4 x 200m	Under 16 Girls			
	4 x 200m	Under 18 Women			
	4 x 200m	Women			
	4 x 400m	Under 14 Boys			
	4 x 400m	Under 16 Boys			
	4 x 400m	Under 18 Men			
	4 x 400m	Men			



### Meeting 3

Dates & Venues : 30<sup>th</sup> June at ASV Aberdeen & QP Inverness

TRACK			FIELD		
12 : 00	80m	Under 10 Girls	12 : 00	Long Jump	Under 16 Boys
	80m	Under 10 Boys		Shot Putt	Under 12 Girls
	80m	Under 12 Girls		Discus	Under 12 Boys
	80m	Under 12 Boys		Pole Vault	Under 18 / Sen W
	100m	Under 14 Girls			Under 18 / Sen Men
	100m	Under 14 Boys			
	100m	Under 16 Girls	1 : 00 pm	Shot Putt	Under 14 Girls
	100m	Under 16 Boys		Long Jump	Under 14 Boys
	100m	Under 18 Women		High Jump	Under 16 Girls
	100m	Under 18 Men		Discus	Under 16 Boys
	100m	Women			
	100m	Men			
1 : 15 pm	600m	Under 10 Girls	2 : 00 pm	Javelin	Under 16 Girls
	600m	Under 10 Boys		Discus	Under 14 Boys
	600m	Under 12 Girls		Long Jump	U12 Boys
	600m	Under 12 Boys			
	1200m	Under 14 Girls			
	1500m	Under 14 Boys			
	1500m	Under 16 Girls	3 : 00 pm	Shot Putt	Under 10 Boys
	1500m	Under 18 Women		Long Jump	Under 10 Girls
	1500m	Women		High Jump	Under 14 Girls
	1500m	Under 16 Boys		Discus	Under 18 / Sen W
	1500m	Under 18 Men			
	1500m	Men			
3 : 00 pm	200m	Under 14 Girls	4 : 00 pm	Shot Putt	Under 10 Girls
	200m	Under 14 Boys		Long Jump	Under 10 Boys
	200m	Under 16 Girls		High Jump	Under 12 Girls
	400m	Under 16 Boys		Discus	Under 18 / Sen Men
	400m	Under 18 Women			
	400m	Under 18 Men			
	400m	Women			
	400m	Men			
4 : 00pm	4 x 100m	Under 10 Girls			
	4 x 100m	Under 10 Boys			
	4 x 100m	Under 12 Girls			
	4 x 100m	Under 12 Boys			
	4 x 100m	Under 14 Girls			
	4 x 100m	Under 14 Boys			
	4 x 100m	Under 16 Girls			
	4 x 100m	Under 16 Boys			
	4 x 100m	Under 18 Women			
	4 x 100m	Under 18 Men			
	4 x 100m	Women			
	4 x 100m	Men			



## Meeting 4

Date & Venues :- 4<sup>th</sup> August at CP Dundee & QP Inverness

TRACK			FIELD		
12 : 00	75m Hurdles	Under 14 Girls	12 : 00	Shot Putt	Under 16 Girls
	80m Hurdles	Under 16 Girls		High Jump	Under 16 Boys
	80m Hurdles	Under 14 Boys		Long Jump	Under 18 / Sen Men
	100m Hurdles	Under 18 Women		Discus	Under 12 Boys
	100m Hurdles	Under 16 Boys			
	100m Hurdles	Women			
	110m Hurdles	Under 18 Men	1 : 00 pm	Javelin*	Under 16 Boys
	110m Hurdles	Men		Javelin*	Under 18 / Sen W
1 : 15 pm	150m	Under 10 Girls		Long Jump	Under 14 Girls
	150m	Under 10 Boys		High Jump	Under 14 Boys
	150m	Under 12 Girls			
	150m	Under 12 Boys		** Combined	( same weight)
	200m	Under 14 Girls	2 : 00 pm	Shot Putt	Under 10 Girls
	200m	Under 14 Boys		Long Jump*	Under 10 Boys
	200m	Under 16 Girls		Long Jump*	Under 18 / Sen W
	200m	Under 16 Boys		Javelin	Under 12 Girls
	200m	Under 18 Women			
	200m	Under 18 Men		** 2 Pits Req	
	200m	Women	3 : 00 pm	High Jump	Under 12 Boys
	200m	Men		Javelin*	Under 14 Boys
2 : 30 pm	600m	Under 10 Girls		Javelin*	Under 14 Girls
	600m	Under 10 Boys		Long Jump	Under 16 Girls
	600m	Under 12 Girls			
	600m	Under 12 Boys		**Run one	after the other
	800m	Under 14 Girls	4 : 00 pm	Javelin	Under 18 / Sen Men
	800m	Under 16 Girls		Long Jump*	Under 10 Girls
	800m	Under 18 Women		Long Jump*	Under 12 Girls
	800m	Women		Shot Putt	Under 10 Boys
	800m	Under 14 Boys			
	800m	Under 16Boys		** 2 Pits req	
	800m	Under 18Men			
	800m	Men			
4 : 00 pm	4 x 100m	Under 10 Girls			
	4 x 100m	Under 10 Boys			
	4 x 100m	Under 12 Girls			
	4 x 100m	Under 12 Boys			
	4 x 100m	Under 14 Girls			
	4 x 100m	Under 14 Boys			
	4 x 100m	Under 16 Girls			
	4 x 100m	Under 16 Boys			
	4 x 100m	Under 18 Women			
	4 x 100m	Under 18 Men			
	4 x 100m	Women			
	4 x 100m	Men			





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## Final

1<sup>st</sup> September at ASV Aberdeen

TRACK			FIELD		
12 : 00	80m	Under 10 Girls	12 : 00	Long Jump	Under 14 Boys
	80m	Under 10 Boys		High Jump	Under 18 / Sen Men
	80m	Under 12 Girls		Shot Putt	Under 10 Girls
	80m	Under 12 Boys		Discus	Under 12 Boys
	100m	Under 14 Girls			
	100m	Under 14 Boys			
	100m	Under 16 Girls			
	100m	Under 16 Boys			
	100m	Under 18 Women	1 : 00 pm	Discus	U18 W / Sen W
	100m	Under 18 Men		Shot Putt	Under 16 Boys
	100m	Women		Long Jump	Under 10 Boys
	100m	Men		High Jump	Under 16 Girls
1 : 15 pm	600m	Under 10 Girls			
	600m	Under 10 Boys			
	600m	Under 12 Girls	2 : 00 pm	Long Jump	Under 10 Girls
	600m	Under 12 Boys		High Jump	Under 12 Girls
	800m	Under 14 Girls		Javelin	Under 14 Girls
	800m	Under 14 Boys		Shot Putt	Under 18 / Sen Men
2 : 15 pm	200m	Under 14 Girls			
	200m	Under 14 Boys	3 : 00 pm	Discus	Under 14 Boys
	200m	Under 16 Girls		Long Jump	Under 18 / Sen W
	400m	Under 16 Boys		Shot Putt	Under 10 Boys
	400m	Under 18 Women		High Jump	Under 12 Boys
	400m	Under 18Men			
	400m	Women			
	400m	Men	4 : 00 pm	High Jump	Under 14 Girls
				Long Jump	Under 16 Boys
3 : 30 pm	800m	Under 16 Girls		Javelin	Under 12 Girls
	800m	Under 16 Boys		Shot Putt	Under 16 Girls
	800m	Under 18 Women			
	800m	Under 18 Men			
	800m	Women			
	800m	Men			
4 : 00 pm	4 x 100m	Under 10 Girls			
	4 x 100m	Under 10 Boys			
	4 x 200m	Under 12 Girls			
	4 x 200m	Under 12 Boys			
	4 x 200m	Under 14 Girls			
	4 x 200m	Under 16 Girls			
	4 x 400m	Under 18 Women			
	4 x 400m	Women			
	4 x 400m	Under 14 Boys			
	4 x 400m	Under 16 Boys			
	4 x 400m	Under 18 Men			
	4 x 400m	Men			

Presentations should be approximately 5.00pm



## Petrofac Athletics league 2013

### Rules and Regulations

#### 1) Competition

The league will provide competition as detailed in the league programme. All meetings will be conducted under BAF/UKA Rules for competition (taking into account any Scottish amendments)

#### 2) Age groups (also see rule 7(a))

The league will operate over 6 age groups (U10, U12, U14, U16, U18 and Seniors) for both males and females. Athletes may only compete in their own age group events, except in the case of relays, where up to 2 team members may be from the immediate younger age group (not including U10 & U12 age groups). U14G, U14B, U16G & U18W may not compete in 400m relay races.

**Athletes may compete in the u10 age groups provided they are 9 years of age as at the 31<sup>st</sup> December in the year of competition**

#### 3) Eligibility

No more than 40% of any age group in the team can be made up of Higher Club Claim members.

**No athlete may represent more than 1 league club during the same season.** even if his/her original club is not represented in the Final.

Non-counters may be allowed in track events (usually on a 'fill-up' basis), at the discretion of the marksman. Non-counters will not necessarily run in their own age group race. Non-counters should wear a neutral T-shirt or vest, with an individual number assigned to them at declaration. Clubs may offer up to 3 non-counting field event competitors per meeting. Field event officials will have the discretion to impose a limit if an event becomes oversubscribed.

Non-counters will be members of the competing clubs in the league.

Guest competitors from non-league clubs will not be permitted unless specifically invited by the League Secretary

#### 4) Numbers

Numbers with the sponsor's name and supplied by the league secretary will be used for the complete season. 'A' string and 'B' string competitors will wear different numbers as allocated to the club by the league (i.e. odd no = 'A' & even no = 'B') In addition to wearing the correct number, all athletes must wear a vest in the colours of their club, to which their numbers are securely fixed on the front.

#### 5) Declarations

Team declarations are required for all meetings of the League and declaration sheets will be provided by the League Secretary. (Declaration sheets can be found on the web site). Team managers should declare their teams on the forms provided 30mins prior to the first event. Any changes should be reported to the meeting convenor, or the appropriate track or field official prior to the event affected. This may for example, be the marksman or track referee, or the field official in charge of a specific event. Non-counters should also be declared on the team sheets and should wear numbers according to their clubs for recognition.

#### 6) Officials

Each club will endeavour to provide six (6) officials at each league meeting as follows, 1 timekeeper, 1 track official, 2 field judges and 2 others. Each club must submit/declare a list of officials' names to the meeting convenor as soon as they arrive at the meeting.

For the Final, each participating club will provide at least four (4) officials.

Use of trainee officials and judges under the supervision of experienced officials, is and shall be encouraged at all times.

The league secretary will be responsible for arranging starters for each meeting.

#### 7) Organisation

a) Athletes will be permitted to compete in a maximum of three (3) individual events (including non-counting track events), plus one relay. The individual events may be any combination of track and field events (subject to UKA limitations). Any club violating this rule will be penalised by the deduction of the points in regard to the event(s) decided after the maximum has been reached.

b) Two competitors represent each club in all events, except relays and 'A' string only events. Where both competitors compete together, the leading competitor shall be scored as the 'A' string, regardless of the team nomination.

In races of 400m and under, 'A' and 'B' strings will normally be run as separate races. Should, for any reason, an event of 400m or less be run as a combined race, the leading competitor shall be 'scored' as the 'A' string, regardless of the team nomination.

In races of 600/800m and over, 'A' and 'B' strings will normally run together, when using curved line starts, except where the total number of athletes exceeds twelve (12), when for safety reasons, 'A' and 'B' strings races will be run separately, unless adjusted at the track referee's and starters discretion.

All U10 & U12 600m and 800m races will be started from the curved line.

c) Where an athlete is competing in two events at the same time, he/she must notify the officials at these events. Field officials shall allow an athlete to compete out of order if competing in another event, but only by adjusting the competitor's position in a particular round.

d) Each block of events should start no more than 15 minutes ahead of the advertised programme except with the unanimous agreement of all the clubs present.

e) Field events (except high jump and pole vault) will normally be decided on 4 trials per competitor. However if time does not permit, athletes may be limited to 3 trials. No more than 2 practice throws will be allowed.

f) High Jump – starting heights and progression:

U10 G & B	0.90	0.95	1.00	1.05	1.10	1.15	1.18	then by choice
U12 G & B	1.00	1.05	1.10	1.15	1.20	1.25	1.28	then by choice
U14 G & B	1.10	1.15	1.20	1.25	1.30	1.35	1.38	then by choice
U16 G & B	1.20	1.25	1.30	1.35	1.40	1.45	1.48	then by choice
U18 W & Women	1.15	1.20	1.25	1.30	1.35	1.40	1.43	then by choice
U18 M & Men	1.30	1.35	1.40	1.45	1.50	1.55	1.58	then by choice

g) Pole Vault - starting heights and progression:

U18 & Seniors M & F start at a height agreeable by all athletes but no lower than 1.60m thereafter progressing by 0.10 cm. Intervals.



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8) Scoring

Scoring for male and female events is entirely separate. Scoring will be on the basis of Event points. For all 'A' & 'B' string and relay events,

New points system for 2013

"A" String & Relay: - 11, 9, 8, 7, 6, 5, 4, 3. "B" String: - 9, 7, 6, 5, 4, 3, 2, 1. The Final shall be scored the same

After each league meeting, 'Meeting Points' will be awarded as follows: - 8, 7, 6, 5, 4, 3, 2, 1.

In the event of a tie after the 4 league meetings, the total of event points shall be used to decide the positions. After the 4 league meetings, the top 4 teams in the North and East sections, in each age group, will contest the Final.

9) League Awards

The winning team in each age group at the Final will be awarded a plaque.

Trophies will also be awarded for male and female competition, to the club who accumulates most meeting points after 4 league meetings in each of the North & East sections. In the event of a tie, the team with the most event points will be the winner.

10) League Records

League records must be ratified by appropriately graded officials. Records cannot be ratified in the absence of graded officials, or where the referee considers an unfair advantage has been gained by the nature of the physical conditions. Such decisions must be announced on the day.

11) Conduct of Teams

The conduct of club members is the responsibility of the clubs.

Each club shall nominate up to two managers, who shall represent the club, when necessary, at meetings.

It is expected that all athletes, team officials and spectators will co-operate with League and technical officials at all times. The start and finish areas must be kept clear at all times. Throwing events are especially dangerous. Only officials and athletes competing in an ongoing event will be allowed into the centre of the arena and even at that, they must pay attention to ongoing events around them, especially when going to officiate/compete at/in any event within the field area.

12) General

Anything not covered in these rules shall be subject to interpretation in the light of the relevant rules of UKA

Responsibilities

The convening club(s) will be responsible for the proper setting out of the track & field facilities

- a) The provision of appropriate equipment, including correct weights of implements.
b) Completion of result sheets; track results, with time recording sheets; field score cards, ensuring the current league records are noted.
c) Arranging the rotation of lanes (in co-operation with the marksman).
d) Organisation of principal officials. (starters will be booked by the league secretary)
e) Providing refreshments for the officials.
f) The league secretary will be responsible for arranging first aid cover.

Supplementary Information

Hurdles

Table with 6 columns: Age Group, Race Distance, Height, Holes Showing, Weight/ hole Position, Marker Colour. Rows include U14 Girls, U16 Girls, U14 Boys, U18 Women, U16 Boys, Sen. Women, U18 Men, Sen. Men, U16G/u18W/u16B, Sen. Women, U18 Men, Sen. Men.

Throws

Females

Throws

Males

Table with 5 columns for Females (Age Group, Javelin, Discus, Shot Putt, Hammer) and 5 columns for Males (Age Group, Javelin, Discus, Shot Putt, Hammer). Rows include U-10 Girls, U-12 Girls, U-14 Girls, U-16 Girls, U-18 Women, Women, U-10 Boys, U-12 Boys, U-14 Boys, U-16 Boys, U-18 Men, Men.



## **ADDITIONAL NOTES**

### **A few important reminders regarding safety at 'athletics' meetings**

Safety is the responsibility of each and every person who attends our league meetings. Please help to ensure that our meetings are conducted in a safe and proper manner. Report any safety issues to the meeting convenor or any other league official.

All throwing areas **must** be roped off. For long throws, a warning hooter must be sounded prior to every throw, including practice throws, to ensure awareness of all concerned. Practice throws **must** always be supervised, regardless of age group. Throwing implements should not be left unattended by officials at throwing areas.

At discus and hammer events, officials should be extra vigilant regarding their position in the sector when a throw is taking place. Athletes must stay behind the cage opening when not competing and **must not distract the officials and athletes.**

Track start and finish areas must not be adjacent to ongoing Hammer and/or Discus events. This specifically applies to Chris Anderson Stadium in Aberdeen. No sprint events should take place on the back straight if there are concurrent Discus or Hammer events.

Please remember, SAFETY FIRST, and enjoy the meetings.

## **CONSTITUTION**

1. The League, consisting of amateur athletics clubs from the North and North East of Scotland, shall be called the Grampian League but *may be changed to* incorporate a sponsor's name.
2. There shall be an Annual Meeting of representatives from the member clubs, to be held prior to 31 December each year.
3. A majority, on the basis of one vote per constituent club, shall carry motions at the Annual Meeting, including applications by new clubs to join the League. The President shall have a casting vote.
4. Extraordinary Meetings may be called, either by the Secretary, or by at least three clubs giving at least 28 days notice to the Secretary and to the other clubs. Two thirds of the League membership will form a quorum.
5. A Secretary/Treasurer plus other Officials, shall be appointed at the Annual Meeting and shall stand for 12 months. An election shall be held for each post if there is more than one nomination. The post of President/Chairman will be rotational, each club (in alphabetical order) providing the Chairman for one year in turn.
6. Upon dissolution, any assets remaining after all debts have been met will be equally distributed among the current member clubs to further athletics within their community.

November 1989  
Amended March 2002  
Constitution Amended 29<sup>th</sup> January 2006