

Rules for the Club Champs

Trials in Throws and Horizontal Jumps.

All athletes are given three trials. The top three in each of the U20, Seniors and Masters age groups will get three more provided they reach the Midlands Senior League standard. More trials may be allowed at the Referee's discretion.

Maximum events in a day.

U11, U13, U15 and U17 athletes can do no more than 3 events plus one relay per day.
U20 athletes can do no more than 5 events plus one relay per day.
Seniors and Veterans can do as many events as they wish.

How many events count?

Competitors are given points for every event.
U11 athletes may take their best three towards their final total.
U13 athletes take their best 4. U15 and U17 athletes take their best 5.
U20, Senior and Veteran men take their best 10 events.
U20, Senior and Veteran women take their best 8 events.

How are events scored?

U11, U13, U15 and U17 events are scored using the 1994 Five Star scoring tables. (Events not in the tables are scored pro rata.)
U20, Senior and Veteran athletes are given 8 points for a win, 7 for a second place and so on. All competitors after 8th place are given half a point.

You can only compete if you are a fully paid up member.

See Bob Mee if you are behind with your subs.

Age groups

Age groups are U11, U13, U15, U17, U20 and Seniors as used in the summer Leagues.

Masters are split into seven separate groups as follows:-

Men 35-49, 50-59, 60+

Women 35-39, 40-49, 50+

Mick Aston

Changes since last year

There are two changes since last year.

- (1) A limit on the number of trials in field events because there are sometimes huge fields and limited time.
- (2) A different split of the womens masters age groups to match those used for hurdle heights and throwing implements.

CLUB CHAMPIONSHIPS TIMETABLE

AMENDED

SUNDAY 6th September

- 12:00 PV (all eligible age groups)
13:00 150m for U11s and U13Girls then
200m for all other groups - separate races
13:30 Long Jump (all males only)
Discus (all females only)
14:30 Long Jump (all females only)
Discus (all males only)
15:30 1200m for U11s and U13Girls then
1500m for all other groups - separate races

Tuesday 8th September

- 7:00 300m Hurdles (U17G)
then 400m Hurdles (U17M, U20M+W, SENM+W, VETM+W)
7:00 Shot Put (U11 and u13)
7:30 Shot Put (U15 and older)

THURSDAY 10th September

- 7:00 Sprint Hurdles (oldest first working down)
7:30 Triple Jump (U15 and older, male and female)
8:00 300m (U15 G and U17G) then
400m (U17M, U20M+W, SENM+W, VETM+W)

SUNDAY 13th September

- 12:00 Hammer (all eligible age groups)
13:00 75m for U11s and U13G then
100m for all other age groups - separate races
13:30 High Jump (all males only)
Javelin (all females only)
14:30 High Jump (all females only)
Javelin (all males only)
15:30 600m for U11s and U13G then
800m for all other age groups - separate races

then Announcement of the winners