

COMPETITION RULES

1. MATCHES / EVENTS

The league will comprise of 4 matches, ideally with 2 on a Saturday & 2 on a Sunday.

The composition of each division shall consist of 6 teams with the exception of the lowest division, where a higher number will be permitted to allow new clubs to join the league.

In any match where sufficient lanes are not available, separate races shall be held as 'time trials' and match points allocated accordingly. Competitors attaining equal times shall be accorded the same place for scoring purposes regardless of the finishing order of the trial.

Men

100m	200m	400m	800m	1500m	5000m	110 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	3000 S/Chase	Non Scoring 100m	

Women

100m	200m	400m	800m	1500m	3000m	100 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	Non Scoring 100m		

The use of personal electronic equipment is banned from within the competition area.

2. ORDER & TIME OF EVENTS

11:00	START WARM UP FOR THROWS					
11:30		Hammer Men	Long Jump Women	<i>Pole Vault (Women) Div.1 Only</i>		
11:30				<i>Pole Vault ALL Div.2, 3 & 4</i>		
12:30		Hammer Women				
13:00	400m H Women	Long Jump Men				
13:10	400m H Men					
13:25	800m Women					
13:30		Discus Men	<i>Pole Vault MEN Div. 1 Only</i>			
13:35	800m Men					
13:45	100m Women	High Jump Men	Shot Women			
13:55	100m Men					
14:00	Non Scoring 100m (Men and Women)	Triple Jump Women				
14:05	3000m S/C Men					
14:25	100mH Women					
14:30		Discus Women				
14:35	3000m Women					
14:55	110m H Men					
15:05	400m Women	Shot Men				
15:15	400m Men					
15:20	1500m Men	Javelin Men	High Jump Women			
15:35	1500m Women	Triple Jump Men				
15:45	200m Women					
15:55	200m Men					
16:05	5000m men					
16:10		Javelin Women				
16:30	4 x 100m Women					
16:40	4 x 100m Men					
16:50	4 x 400m Women					
17:00	4 x 400m Men					

Variation in the timetabling of events may be allowed to suit local conditions and Health and Safety issues.

Non Scoring Competitors are NOT allowed with the exception of the timetabled non scoring race