



710 Attercliffe Road, Sheffield S9 3RP.
Tel: 0114 244 5335

South Yorkshire County Athletic Association

Track and Field League 2009

**(Incorporating the Championships)
(under UKA rules)**

Rotherham	Saturday 25 th April	All ages	10.30am
Cudworth	Saturday 16 th May	Junior	10.30am
Doncaster	Tuesday 19 th May	Senior	6.30pm
Rotherham	Sunday 7 th June	Junior	10.30am
Sheffield	Tuesday 23 rd June	Senior	6.30pm
Doncaster	Saturday 18 th July	All ages	10.30am

Track & Field Secretary
Janette Tomlins
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Wombwell
Barnsley
South Yorkshire
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Programmes 75pence

Track and Field League Rules 2009.

1. The League shall consist of Clubs which are affiliated to the South Yorkshire County A A. These Clubs will need to register /affiliate to England Athletics for Track & Field Competition. Athletes will need to be registered with the England Athletics (where relevant).
2. Club Colours must be worn and athletes failing to wear Club Colours will be disqualified-any points gained by these athletes will not count in their Club's total.
3. There will be 6 matches in the season: 2 for athletes under 15 years of age and 2 for athletes over 15 years of age and 2 for all age groups. In the U11 and U13 age groups the format will be a combined event basis and all other age groups individual events. In the under 11 and under 13 age groups at the Secretary's discretion athletes may do individual events. If an athlete competes in 2 throws or 2 jumps the athlete only scores for the club in the first event that takes place at that fixture. There needs to be extenuating circumstances for this to be allowed.
4. The affiliation fee will be £6.00 for all athletes. A registration form will be issued to Club secretary's and handed in at the first fixture. Additional athletes can be registered throughout the season. Programmes will be on sale at a cost of 75pence.
5. Guest athletes are allowed at a fee of £6.00 per match for non South Yorkshire 1st claim athletes.
6. Club Scoring is the top 12 eligible athletes per event (all age groups) – 12. 11. 10. 9. 8. 7. 6. 5. 4. 3. 2. 1. Only 3 athletes per club count towards the clubs total in each event.
7. Individual Awards: U11- 1st, 2nd & 3rd overall and 1st U10 and U9 over the first 3 fixtures and certificates to all competitors who have competed on a combined events basis (ie competed in a run, a jump and a throw at each fixture). The 4th fixture will include the championships where the awards will be to 1st 6 overall plus certificates to all finishers who have competed on a combined event format. U13 – as U11. All other age groups the league awards will be on a Grand Prix basis where points will be awarded on performance and the best 3 performances used. 3 awards per age group in the following categories: a) sprints. b) middle distance. c) jumps. D) throws.
Team Awards – Section winners in U15 Boys, U15 Girls, U17 Men, U17 Women, Junior/Senior/Veteran Men and Junior/Senior/Veteran Women. Sam Smith Trophy to winning club overall. Throughout the season **Championship events in the under 15, under 17, senior and veteran age groups will take place at the league meetings. These events will be highlighted throughout the programme. For an event to be classed as a championship 4 athletes must compete. If less than 4 athletes are present the event will go ahead only counting as a league event.**

8. Athletes must compete in their own age group- and athletes who compete in the incorrect age group will have 10 points deducted from their Club's total on each occasion.
9. All Junior Women/Men and Senior Women/Men will compete together but juniors will throw junior weight implements although it will be classed as one competition. Veterans will throw veteran weight implements.
10. Where there is a Vet and a Senior 100 metres race or any other race, Vets may choose to run in either but not in both. Vets are over 40 men and over 35 women.
11. Athletes must be first claim members of a South Yorkshire Club – Guests are allowed – see rule 5.
12. Each competing Club shall provide a **field team to cover allocated field events, where possible a track judge and a time keeper. – a separate sheet will be issued with all the details.** A maximum of 20 points will be awarded to clubs supplying a complete field team. Field officials who are needed to cover extra events where other clubs have failed to provide sufficient officials will gain bonus points for their club – 5points per official per event covered.

Health and Safety.

Regarding Health and Safety for track and field athletics the following must be kept in mind: **only athletes competing at that time and officials are allowed on the inside of the track or at field event facilities. All other athletes, coaches and spectators must be in the spectators area.**

The set out of the stadium governs which field events can be held at the same time and this has a bearing on the field events offered at the fixtures.

The programme has been planned with this in mind and with the number of officials available. I reserve the right at any meeting to reduce the number of trials in a field event from that publicised in the programme to a lower number to allow all publicised events to take place within a reasonable time span.

Janette Tomlins

Rotherham – Herringthorpe Stadium

Middle Lane South, Rotherham S65 2HR. Tel : 01709 363355

Saturday 25th April. Start: Field – 1030am. Track – 12.00noon.

Order of field events: Number 1,2,3 in each discipline will be called in that order with 1 at 10.30am in each discipline. The other competitions will be called in any order dependent on the progress of the meeting

Track events

1. Senior men 3000m
2. Veteran men 3000m
- Event 1 & 2 will be run together
3. Girls 13-15 75H
4. Boys 13-15 80H
5. Girls 8-11 80m
6. Boys 8-11 80m
7. Girls 11-13 100m
8. Boys 11-13 100m
9. Girls 13-15 100m
10. Boys 13-15 100m
11. Under 17women 100m
12. Under men 100m
13. Senior women 100m
14. Senior men 100m
15. Veteran women 100m
16. Veteran men 100m
17. Girls 8-11 600m
18. Boys 8-11 600m
19. Girls 11-13 800m
20. Boys 11-13 800m
21. Girls 13-15 800m
22. Boys 13-15 800m
23. Under 17 women 800m
24. Under 17 men 800m
25. Senior women 800m
26. Senior men 800m
27. Veteran women 800m
28. Veteran men 800m
29. Under 17 women 200m
30. Under 17 men 200m
31. Senior women 200m
32. Senior men 200m
33. Veteran women 200m
34. Veteran men 200m
- Under 15 3
- Over 15 4
- Shot
- Girls 11-13
3. Boys 11-13
2. Girls 13-15
1. Boys 13-15

Field events

- Long jump**
1. Girls 8-11
 2. Boys 8-11
 3. Girls 11-13
- Boys 11-13
Girls 13-15
Boys 13-15
Under 17 men
- Triple jump(following the long jump)**
- Under 17 men
Senior men
Veteran men
- High jump**
- Girls 11-13
Boys 11-13
Girls 13-15
Boys 13-15
1. Under 17 women
 2. Senior women
 3. Veteran women
- Discus(following hammer)**
- Girls 11-13
Boys 11-13
Under 17 women
Senior men
Veteran men
- Hammer – all championship events**
- All events to start at 10.30am
- Under 17 women
Under 17 men
Senior women
Senior men
Veteran women
Veteran men
- Cricket/rounders ball**
- Following discus**
- Girls 8-11
Boys 8-11
- Javelin (following ball throw)**
- Under 17 women
Under 17 men
Senior women
Veteran women

Cudworth – Dorothy Hyman Sports Centre
Snydale Road, Cudworth, Barnsley S72 8LH. Tel: 01226 710736
Saturday 16th May. Start: Field – 10.30am. Track – 12.00 noon.

Order of field events: Number 1, 2, 3 in each discipline will be called in that order with 1 at 10.30am in each discipline. The other competitions will be called in any order dependent on the progress of the meeting.

Track events

1. Girls 8-11 80m
2. Boys 8-11 80m
3. Girls 11-13 150m
4. Boys 11-13 150m
5. Girls 13-15 200m-heats. Championship
6. Boys 13-15 200m-heats. Championship
7. Girls 8-11 600m
8. Boys 8-11 600m
9. Girls 11-13 800m
10. Boys 11-13 800m
11. Girls 13-15 1500m. Championship
12. Boys 13-15 1500m. Championship
13. Girls 13-15 200m final. Championship
14. Boys 13-13 200m final. Championship.

Field events

Long jump

2. Girls 8-11

1. Boys 8-11

Girls 11-13

Boys 11-13

3. Girls 13-15 Championship

Boys 13-15 Championship

High jump

1. Girls 11-13

2. Boys 11-13

Girls 13-15

3. Boys 13-15

Javelin

1. Girls 11-13

2. Boys 11-13

3. Girls 13-15

Boys 13-15

Turbo javelin

(Following javelin)

Girls 8-11

Boys 8-11

Shot

1. Girls 11-13

2. Boys 11-13

3. Girls 13- 15 Championship

Boys 13-15 Championship

Field events – 3 trials

South Yorkshire Relays Championships

Tuesday 16th June

Doncaster

Doncaster – Keepmoat Stadium

Stadium Way, Doncaster DN4 5JW. Tel:01302 730285

Tuesday 19th May. Start: Field 6.30pm. Track 7.00pm

Order of field events; Numbers 1,2,3 in each discipline will be called in that order with 1 at 6.30pm in each discipline. The other competitions will be called in any order dependent on the progress of the meeting.

Track events

1. Under 17 men **400H Championship**
2. Senior men **400H Championship**
3. Veteran men **400H Championship**
4. Senior women **400H Championship**
5. Veteran women **400H Championship**
6. Under 17 women **300H Championship**
7. Under 17 women **200m**
8. Under 17 men **200m**
9. Senior women **200m**
10. Senior men **200m**
11. Veteran women **200m**
12. Veteran men **200m**
13. Senior men **3000S/Chase Championship**
14. Under 17 women **300m Championship**
15. Under 17 men **400m**
16. Senior women **400m**
17. Senior men **400m**
18. Veteran women **400m**
19. Veteran men **400m**
20. Under 17 men **800m Championship**
21. Senior men **800m Championship**
22. Veteran men **800m Championship**
23. Under 17 women **1500m Championship**
24. Senior women **1500m Championship**
25. Veteran women **1500m Championship**

Field events

Long jump

1. Under 17 women
2. Senior women
3. Veteran women

Triple jump(after long jump)

- Under 17 women Championship**
Senior women Championship
Veteran women Championship

High jump

3. U17 women **Championship**
1. Senior women **Championship**
2. Vet women **Championship**

Discus

1. Under 17 men **Championship**

Javelin (after discus)

- Under 17 men Championship**
Senior men Championship
Veteran men Championship

Shot

3. Under 17 men
1. Senior men
3. Veteran men

Rotherham – Herringthorpe Stadium
Middle Lane South, Rotherham S65 2HR. Tel: 01709 363355
Sunday 7th June. Start: Field - 10.30am. Track – 12.00noon.

Order of field events: Numbers 1,2,3 in each discipline will be called in that order with 1 at 10.30am in each discipline. The other competitions will be called in any order dependent on the progress of the meeting.

Track events

1. Girls 11-13 70H
2. Boys 11-13 75H
3. Boys 13-15 400m Championship
4. Girls 8-11 80m
5. Boys 8-11 80m
6. Girls 11-13 100m
7. Boys 11-13 100m
8. Girls 13-15 100m heats. Championship
9. Boys 13-15 100m heats. Championship
10. Girls 8-11 600m
11. Boys 8-11 600m
12. Girls 11-13 800m
13. Boys 11-13 800m
14. Girls 13-15 800m
15. Boys 13-15 800m
16. Girls 13-15 100m final
17. Boys 13-15 100m final

Field events

Long jump

Girls 8-11

Boys 8-11

Girls 11-13

3. Boys 11-13

2. Girls 13-15

1. Boys 13-15

High jump

1. Girls 11-13

2. Boys 11-13

3. Girls 13-15 Championship

Boys 13-15 Championship

Discus(after cricket ball)

Girls 11-13

Boys 11-13

Girls 13-15 Championship

Boys 13-15 Championship

Cricket/rounders ball

1. Girls 8-11

2. Boys 8-11

Shot

Girls 11-13

3. Boys 11-13

2. Girls 13-15

1. Boys 13-15

3 trials each

Under 15 Inter County Fixture

Saturday 12th September

Warwickshire

Boys and Girls teams in 11-13 and 13-15 age groups will be selected from the results in the South Yorkshire league and championship events.

Sheffield – Woodbourn Athletics Centre
Worthing Road, Attercliffe, Sheffield. Tel: 0114 2432600
Tuesday 23rd June. Start: Field -6.30pm. Track-7.00pm.

Order of field events: Numbers 1,2,3 in each discipline will be called in that order with 1 6.30pm in each discipline. The other competitions will be called in any order dependent on the progress of the meeting.

Track events

1. Under 17 women 100m Championship
2. Under 17 men 100m Championship
3. Senior women 100m Championship
4. Senior men 100m Championship
5. Veteran women 100m Championship
6. Veteran men 100m Championship
7. Senior women 3000m Championship
8. Veteran women 3000m Championship
9. Under 17 women 300m
10. Under 17 men 400m Championship
11. Senior women 400m Championship
12. Senior men 400m Championship
13. Veteran women 400m Championship
14. Veteran men 400m Championship
15. Under 17 men 1500m Championship
16. Senior men 1500m Championship
17. Veteran men 1500m Championship
18. Under 17 women 800m Championship
19. Senior women 800m Championship
20. Veteran women 800m Championship

Field events

Long jump

1. Under 17 men Championship
2. Senior men Championship
3. Veteran men Championship

High jump

3. Under 17 men

1. Senior men

2. Veteran men

Triple jump –after long jump

Under 17 men Championship

Senior men Championship

Veteran men Championship

Discus

1. U17 women Championship

2. Senior women Championship

3. Vet women Championship

Javelin – after discus

Under 17 women Championship

Senior women Championship

Veteran women Championship

Shot

3. Under 17 women

2. Senior women

1. Veteran women

4 trials

Doncaster – Keepmoat Stadium

Stadium Way, Doncaster DN4 5JW. Tel:01302 730285

Saturday 18th July. Start: Field – 10.30am. Track 12.00noon.

Order of field events: Numbers 1,2,3 in each discipline will be called in that order with 1 at 10.30am in each discipline. The other competitions will be called in any order dependent on the progress of the meeting.

In 8-11 and 11-13 age groups this meeting is the South Yorkshire Combined Events Championships.

Track events

1. (Senior men 5,000m Championship
2. (Veteran men 5,000m Championship
3. Girls 13-15 75H Championship
4. Under 17 women 80H Championship
5. Boys 13-15 80H Championship
6. Under 17 men 100 H Championship
7. Senior women 100H Championship
8. Veteran women 100H Championship
9. Senior men 110H Championship
10. Veteran men 110H Championship
11. Girls 8-11 80m
12. Boys 8-11 80m
13. Girls 11-13 100m
14. Boys 11-13 100m
15. Girls 13-15 100m
16. Boys 13-15 100m
17. Under 17 women 100m
18. Under 17 men 100m
19. Senior women 100m
20. Senior men 100m
22. Veteran men 100m
23. Girls 8-11 600m
24. Boys 8-11 600m
25. Girls 11-13 800m
26. Boys 11-13 800m
27. Girls 13-15 800m Championship
28. Boys 13-15 800m Championship
29. Under 17 women 1500m Championship
30. Under 17 men 1500m
31. Senior women 1500m Championship
32. Senior men 1500m
33. Veteran women 1500m Championship
34. Veteran men 1500m
35. Under 17 women 200m Championship
36. Under 17 men 200m Championship
37. Senior women 200m Championship
38. Senior men 200m Championship
39. Veteran women 200m Championship
40. Veteran men 200m Championship

Field events

Long jump

1. Girls 8-11
2. Boys 8-11
3. Girls 11-13

Boys 11-13

Under 17 women Championship

Senior women Championship

Senior men

Veteran women Championship

Veteran men

Triple jump(after long jump)

Under 17 women

Senior women

Veteran women

High jump

Girls 13-15

Boys 13-15

1. Under 17 men Championship

2. Senior men Championship

3. Veteran men Championship

Discus

1. Girls 13-15

2. Boys 13-15

3. Under 17 men

Senior women

Senior men

Veteran women

Veteran men

Turbo Javelin(after discus)

Girls 8-11

Boys 8-11

Javelin (after turbo jav)

Girls 11-13

Boys 11-13

Girls 13-15

Boys 13-15

Under 17 women

Senior men

Veteran men

Cricket/rounders ball

After javelin

Girls 8-11

Boys 8-11

Shot

Girls 11-13

Boys 11-13

1. Girls 13-15

2. Boys 13-15

3. Under 17 women

Under 17 men

Senior women

Senior men

Veteran women

Veteran men

Pole Vault Championships

All age groups start at 10.30am

Boys 13-15

Under 17 women

Under 17 men

Senior women

Senior men

Veteran women

Veteran men

Clubs competing in the Track and Field League 2009.
BARNSELY A C. CITY OF SHEFFIELD A C.
DEARNESIDE HIGH A C. DONCASTER A C.
HALLAMSHIRE HARRIERS SHEFFIELD.
PENISTONE FOOTPATH RUNNERS & A C.
ROTHER VALLEY SWALLOWS. ROTHERHAM HARRIERS & A C.
WATH A C. WOMBWELL S A C.

OFFICIALS OF SYCAA

President	Joan Morley
Chairman	Malcolm Fletcher 142, Aldham House Lane, Wombwell, Barnsley S73 8RZ. 01226 750679
Hon Secretary	Les Outwin 4, Cardoness Road, Sheffield S10 5RU. 0114 230 2615
Hon Treasurer	Pauline Senior 52, Hackings Avenue, Penistone, Sheffield S36 6BN. 01226 763616
Cross Country Sec	Pete McLeod, 60, High Street, Penistone S36 6BS
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Track & Field Secretary	Janette Tomlins
Coaching Secretary	144, Aldham House Lane, Wombwell, Barnsley S73 8RZ. 01226 754865.
Officials Secretary	Terry Bailey, 292, Goodison Boulevard, Cantley, Doncaster DN4 6RT 01302 537853
Race Walking Secretary	Brian Adams 186, Westwick Road, Sheffield S8 7BZ. 0114 266 4151.
Fell Running Secretary	Peter McLeod.